



Class _____

Book _____

COPYRIGHT DEPOSIT

HOW TO REST

BOOKS BY
WM. LEE HOWARD, M.D.

SEX PROBLEMS IN WORRY AND
WORK

FACTS FOR THE MARRIED

PLAIN FACTS ON SEX HYGIENE

CONFIDENTIAL CHATS
WITH BOYS

CONFIDENTIAL CHATS
WITH GIRLS

BREATHE AND BE WELL

HOW TO LIVE LONG

HOW TO REST

HOW TO REST

FOOD FOR TIRED NERVES
AND WEARY BODIES

BY

WILLIAM LEE HOWARD, M.D.

AUTHOR OF "HOW TO LIVE LONG," "BREATHE AND BE WELL,"
"FACTS FOR THE MARRIED," ETC., ETC.



NEW YORK
EDWARD J. CLODE

RA790
.H7

COPYRIGHT, 1917, BY
EDWARD J. CLODE

\$1.00

APR -4 1917

©CLA457774

no 1.

“THERE IS NO FIRE LIKE PASSION: THERE IS NO
LOSING THROW LIKE HATRED: THERE IS NO PAIN
LIKE THIS BODY: THERE IS NO HAPPINESS
HIGHER THAN REST.”

The Dhammapada



FOREWORD

THE aim of all true medical men and scientists today is prevention.

This only can be accomplished through the education of the public. This means that the public must know and understand the causes of diseases and how to avoid them. It means that the old mystery surrounding the art of medicine and the science of surgery, as well as of the functions of the human body, must disappear.

What has kept diseases always with us has been the ignorance of the masses concerning the simple and understandable causes of ill health, their complete dependence upon physicians, and the latter group of specially trained men not always knowing the necessity of taking into their confidence the patient as well as the general public.

From time out of mind until the last decade, medicine and allied arts have been wrapped in mystery and the public therefore unable to aid in prevention. The individual has been kept from knowing that as an individual he has cer-

tain forces within him for health and mental growth, as well as forces for illness and deterioration.

From the mummary of the Egyptian priests—who were the ancient physicians—through the superstitions of the Middle Ages to the flagrant quacks and quackery, with all their ornate and blatant deceit, who flourished during the eighteenth century up to a few years ago—yes, up to yesterday—when the doctor used frightening terms and mysterious phraseology, the public have been helpless victims of its ignorance.

Yet at no period in the history of man was there any valid reason why the people should not have been instructed in the simple principles governing health and mental development.

To sustain a false dignity, to impress the people with the vast and deep learning of the doctors—God save the mark!—even a recipe calling for a dose of salts must be written in Latin—or what went for Latin.

But now the real physician has thrown away his gold-headed cane, put aside his distinctive costume of long, black coat and tall, professionally shaped hat, and his mysterious manner has disappeared.

Today the true physician comes out in the open to teach and give the people the knowledge he possesses and the information which makes for self-care, self-confidence, and a surcease of useless worrying.

The prevention of typhoid—in fact of all air- and water-born diseases, of germ infections through wounds, of inherited constitutional weaknesses—only can be brought about through the understanding and intelligence of the general public.

It is being done. The time will soon be here when a case of typhoid or scarlet fever means there is some criminal loose. We shall hunt that criminal down just as now we do a murderer.

It is not much different when we come to the matter of brain exhaustion, nervous breakdown, mental illness. In these vital conditions, however, the public has to be instructed more in detail.

Individuality plays such a distinctive and powerful rôle in mental and nervous disturbances that every man and every woman must have a deeper understanding of the significance of individual idiosyncrasies and

individual forces, weaknesses and predispositions.

Of all the different phases or departments of medicine, the one dealing with mental and nervous troubles has been the least explained to the general public. This attitude of secrecy has prevented the intelligent element of the public from taking personal care of their brains and nerves.

Here, mystery, silence,—yes, and the past ignorance among doctors of the underlying forces making for mental health or disease,—have prevented the man on the street and the mother in her home from knowing the first symptoms or recognizing the first indications which call for immediate rest, relaxation and prevention.

Hence many unfortunate individuals in the prime of life, or just commencing to blossom into full life, have been sent to asylums and institutions from which they never departed, or if so with a stigma upon them which remained throughout their distressed career.

And many of these conditions are as preventable as we know typhoid fever or tuberculosis to be.

This little book aims to aid in the prevention

of brain fatigue, body weariness and nervous exhaustion.

I endeavor to put the facts plainly. I want every man and woman, every girl and youth, to know that there is no cause for worry when the brain seems to be wobbling, nerves uncontrollable, impulses teasing, and dispositions becoming unbearable.

Underlying all these distressing troubles are discoverable causes. These causes are remediable. The affections only are dangerous and incurable when they have been neglected and the causes allowed to augment in force and frequency.

Because they have not been understood, because there were no means of obtaining intelligible and common-sense information about the brain and nerves, because it has been wrongly believed that drugs would cure, thousands of unfortunate men and women have lost their grip upon life, lost self-confidence, hope, ambition.

And just think of it! All of these persons of potentiality for doing something worthwhile in the world lost to it through ignorance of no fault of their own.

In this little book I do not deal with or refer

FOREWORD

to real diseases of the brain and nerves—organic troubles. I try to point out the many little symptoms showing the necessity of brain rest and nerve nourishment.

These symptoms frequently indicate an incurable state if they are unheeded. They also mean that no injury to brain or nerves has yet occurred.

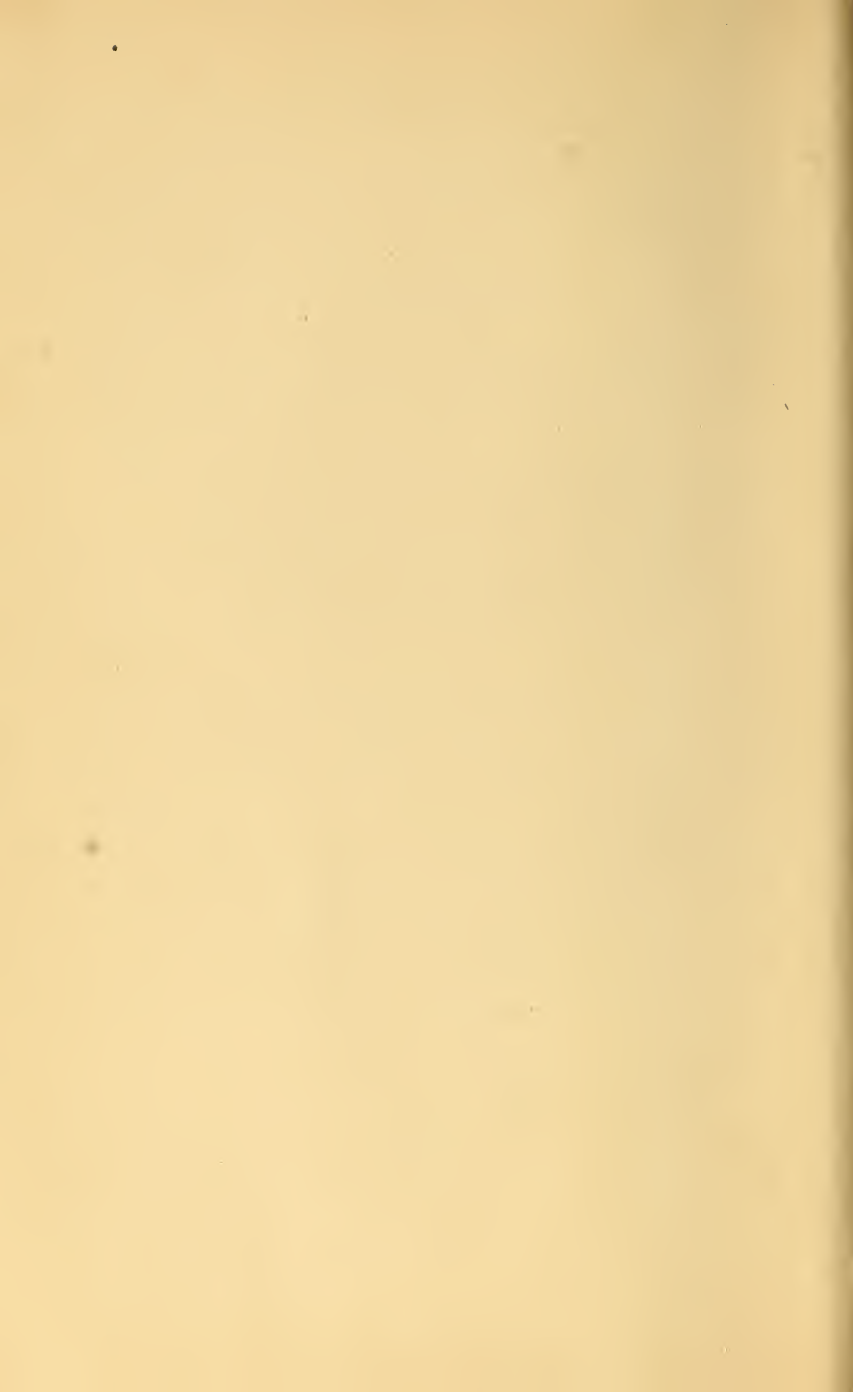
They are the flagmen at crossings. Heed, follow the advice and instructions, and down goes the flag and the road is safe for traveling.

WILLIAM LEE HOWARD.

March, 1917.

CONTENTS

CHAPTER	PAGE
I. THE MAN WHO TIRED OUT HIS FAMILY .	1
II. WHY CERTAIN BRAIN ACTIVITIES NEED REST	19
III. HOW TO RELAX	39
IV. WHY THE TIRED SHOPGIRL AND THE WEARIED WOMAN SHOULD REST . .	59
V. INJURIOUS SELF-FEAR AND HOW TO DRIVE IT OUT	79
VI. DOMESTIC DRUDGERY AND BODY FATIGUE	97
VII. CLEANING THE BRAIN FOR NEW THOUGHTS	116
VIII. HOW TO PREVENT NERVOUSNESS IN CHILDREN	132
IX. THE HIDDEN LABORATORIES OF THE BODY AND THEIR ASSUMED EFFECTS . .	147
X. THE BEST BRAIN FOOD IS PRACTICAL FAITH IN ONESELF	162



HOW TO REST

CHAPTER I

THE MAN WHO TIRED OUT HIS FAMILY

“THERE is a pool in South Behar called the ‘Pool of the Blue Lotus,’ and two Geese had for a long time lived there. They had a friend in the pool who was a Tortoise, and he was known as ‘Shelly-neck.’ It chanced one evening that the Tortoise overheard some fishermen talking by the water. ‘We will stop here to-night,’ they said, ‘and in the morning we will catch the fish, the tortoises and such like. Extremely alarmed at this, the Tortoise repaired to his friends the Geese, and reported the conversation.

“ ‘What ever am I to do, Gossips?’ he asked.

“ ‘The first thing is to be assured of the danger,’ said the Geese.

“ ‘I am assured,’ exclaimed the Tortoise; ‘the first thing is to avoid it, don’t you know?’ ”
(*The Hitopadesa.*)

The first thing to do in obtaining rest for

body and nerves, and peace of mind, is to understand those avoidable conditions which tire and exhaust. These conditions are manifold and frequently brought about by constant contact with those whose ragged nerves seem to infect all with whom they associate. Under certain conditions health is infectious, but always is nervous instability, mental wabbling and the grouch of psychic exhaustion infectious.

I knew a man—one of many—who would go down to breakfast a terror to his family. He would sit down with a frown on his brow, an ominous growl for his wife and children, while the whole household tremblingly waited for his customary outburst of scoldings and temper.

He would find fault with his coffee, by his dour attitude suppress the joy and laughter of his young son, then want to know why his wife did not realize that the whole country was going to the dogs. His morning amiability was that of a snarling, teeth-peeling dog. He soured and cooled everything on and at the table by his unreasonableness and uncontrollable conduct. Even after he had left the house and the personal factor of depression was absent, there still remained a state of depression and fatigued

nerves in the wife and children. The atmosphere even penetrated to the kitchen, for not until the servants were assured that he had left the house did they sit down with relief and appetites.

In sheer desperation sometimes the wife would open all the windows of the breakfast room, hoping the fresh air might rid the atmosphere of its noxious and infectious material.

This irascible husband had complained morning after morning of the lassitude and tired looks of his wife. He told her she was careless and neglectful of her health; that she was getting too thin and scrawny, losing her color; that she needed to "brace up," take more time to rest, for she was lacking in all interest in his work and what was going on in the world.

Yet few men knew better than he the injurious effects of nagging, unkind words; injustice to one who was constantly striving to do right and always had done right. He knew the dangerous effects upon the ductless glands in women who are psychically wearied; how rapidly they will dry up and bring on premature age and sometimes insanity. He realized the absolute necessity of keeping the body and mind perfectly poised if health and happiness are to be

obtained and retained. Knew all these facts, yet tired out his wife in a far more injurious way than any scrubwoman ever suffered.

He had reached that period in the life of so many successful men of knowing how to control others but not themselves. And yet there is no stronger foundation for a man to build upon than that one he builds for himself. The one we build for others is certain to have some defect unless it is well cemented by the after-work of the individual himself—or herself.

This husband, who was rapidly tiring out his wife and family, was a refined and educated physician, yet blind to the fact that every morning he started and aggravated a physical and mental indigestion in all with whom he came in contact—his family.

I believe more cases of indigestion in wives are due to the nagging and unkind, stinging words uttered at the breakfast table than to anything eaten or drank. No kind of pills, tablets or digestive ferments do aught but irreparable injury in the majority of stomach troubles, for these fundamentally are due to outside ferments—the sour dispositions of the “head of the family.”

But to get back to our patient—the husband, not the suffering wife.

He was a specialist in nervous diseases; patient, sympathetic and eminently successful with irritable and unreasonable neurasthenics and hysterics, yet he had brought his own family to a state of nervous exhaustion through his conduct at home.

So disagreeable and unreasonable had he become in his home that finally his family contrived to get through breakfast before he came down. Otherwise they would feel tired out before the day had begun for them.

He would often find fault with his son's school report, never realizing that he so upset the mental poise of the lad that he went to school unable to concentrate upon his lessons.

Finally this state of affairs put the family into a strained attitude and instead of matters improving under the new breakfast arrangement, they became worse.

The wife merged into an extremely nervous state, but the only treatment she received from a man sought far and wide for advice was: "You're too nervous. You need a rest. You're too sensitive. Why don't you let up on your

housekeeping, cleaning, dusting, fretting about useless matters. You're fretting yourself to death and making this house a place of terror to me! You don't eat enough breakfast—you just nibble and go out of the room to look around for a turned-up rug. Why don't you rest?"

On one particular morning when this husband and father came down before the family had fled, and was letting loose his garbage of scoldings, his son said to him, "Pa, give us a rest—all of us!"

It did the trick, for the man was a well-meaning man and the son's advice struck him as humorous but really valuable advice.

The principles which underlie human behavior usually can be traced to the mechanism of character formation and character dissociation. If these psychic mechanisms are not understood and controlled or utilized for progression, deterioration and retrogression result.

There are masses of statistics, rules, systems, measurements lately put forth, showing how to estimate the physical or caloric output of the human machine. Measurements for physical energy, psychological tests for efficiency and adaptability, physiological experiments attempt-

ing to tell the wife how "to feed the brute," and many other good schemes for aiding the body to work and repair itself, are ready at hand.

All these facts are mighty good facts to tabulate and give to the wife who has to depend upon her husband to saw the wood, fetch the water, pay the bills; but valueless and discouraging to that woman who has to live with a man whose mental energy and nervous force are daily expended upon a score of other women and men, and who returns home to blow out the exhaust and nauseating residue.

This particular husband left his house for his office with the son's admonition, "Pa, give us a rest!", repeating its truth and suggestion over and over. He analyzed the matter, pulled his grouch apart and realized that his conduct was literally tiring out his wife—wrecking her life.

"Yes, she needs rest; freedom from my infernal nagging, freedom from the fear of my—no, not bodily presence, but mental contamination."

Such were his conclusions and musings as he walked on. He saw now that to send his wife away "for a rest" when she would return only

to face the same conditions which were wearing her out was utter folly. "Folly?" he said to himself,—“no; cruel! Yes; give them a rest!”

He sent for me, and after a very plain talk requested me to explain matters to the good wife and see to it that all be assured of the kind of rest they needed.

“It is the old maxim applied to the doctor: ‘Shoemakers’ children generally go barefoot,’” he remarked. “Here I am trying to adjust nervous instabilities, worries and ‘tired-out women,’ by getting their husbands to apply the same treatment to their wives they apply to their clients and customers—courtesy, calm speech, mental poise, sympathy, jovial conversation, sincerity—all those personal attributes and factors which smooth life’s roadways, yet denying my own wife and children these absolutely necessary conditions for health and happiness.

“We know,” he continued, “a good deal about the results adequate mental energy brings to those who need our energy. Here I am a highly specialized organism capable of transmitting and transmuting energy and doing so every day. But about the only thought I have had of my home and wife is that of a place to renew

my energy by the intake of food and thorough sleep. And, worse than this selfish and purely personal idea, I have believed that was about all my wife and children needed—the cash of the world and the calories of the physiologists.

“The fact that the professional or business man uses up his energy and disturbs his mental poise during his day’s work may be a truthful explanation of the many tired-out wives and irritable conditions of many households—but it is no excuse.

“I have been just as much at fault as my male patients and just as unjust and brutal—yes, brutal is the right word.

“Why, it is really funny for the moment. Only yesterday I tried to impress a very prominent business man, whose wife is a neglected woman in the sense we are discussing, that it was just as necessary to save up, to take home, kind words, appreciation, nervous stability and love’s energy as it was money—in fact, far more so, for it is a wrong idea the world has that all a woman wants from a man whom she loves is money and the liberty to spend it. No; money will not restore or repair shattered nerves where ugly dispositions have been the cause.

“There are all kinds of tired-out wives and working women who need medical advice and treatment. But the wife who has for a husband one who exhausts his nervous force upon others, saves none for his family and brings home the depressing by-products, needs the rest which only can come from a rested or resting husband. This means one who has force enough left to control himself.

“My wife is tired out, worn out and frayed out until she is really a wreck simply because I kept away from her those receptors for real rest absolutely needed by all humans. Food for the stomach, sleep for the brain, really are secondary factors for energy and rest. We must have the sun of heavens and the sunny personality of those we love—in fact, of everyone around us.

“Now, the enormous amount of energy elaborated or released by a good idea or sympathetic act cannot be estimated. The enormous amount of depression which can be released and literally shot into another close to us, spiritually and physically, only can be realized when your son tells you to give his mother ‘a rest.’

"I've given you quite a lecture, old chap, but it has been a sort of Freudian cathartic for me. I have let out a lot of rotten temperamental stuff that was in me. Now to replace it by worth-while stuff."

"Well," I said, "I hope you'll do better in adjusting your psychic mechanism so it will run smoothly and noiselessly around your house, than you did with that motor boat we had. Remember?"

He smiled and nodded affirmatively.

"Jack, you remind me of that erratic and neurasthenic boat. She was a handsome model, but you never could control her actions because you could not control yourself. Her hull and fittings were of the best, and wherever we succeeded in finally anchoring she attracted much attention. Of course, those were the early days of motors. We didn't understand much about them—any more than you have understood your wife. You would not take the time nor have the patience to try to understand that boat.

"When she would stop right in the midst of good going you blamed and cursed her. You hammered here, tinkered there, oiled her so her footboards were afloat in oil. You blamed her

maker, sent her designer to ——, then threatened to sink her just as soon as you could work her into a safe place for you to get ashore. You lost all faith in motor boats and said they never could be made so as to be depended upon.

“There was nothing the matter with you, so you repeatedly said—it was all the fault of the engine. When we finally reached New London and once got ashore, you gave a farewell kick at the stern just as the engine let out a terrific back explosion which nearly blew you into the harbor.

“Out of patience, disgusted and growling at me and everything, when a lobsterman asked you what you’d take for the boat, you replied: ‘Anything. But I warn you—she’s no good. Engine won’t work except in fits—when it wants to stop it just stops.’

“You sold it for less than the brass fittings cost. But, say, Jack, the fellow who bought her had reserved his energy and patience. He knew the way to please that engine so it would work for him, for the next morning he had it running around the harbor beating out all the other boats and sold it for a large sum.

“ Now, do you see the moral, or lesson, whatever you want to call it?

“ You have been unable to run your household motor so it would go along smoothly and joyfully. You have been blaming the patient wife. Now start in and see where the fault really lies. No, you don't get me to do what that lobsterman did with your boat—start your house boat. You have to overhaul your psychic motor yourself, and when it is adjusted the wife will get the rest she needs.”

Self-control is the gold within us. Like that rare substance it must be searched for and brought to the surface where it can be refined. Some men are merely gold-plated; beneath, they are soft metal or alloy. In these individuals tests of life wear away in spots the superficial control and development, and man is revealed in all his weakness.

This physician had a rich vein of gold running all through his system, but had neglected to search for it while developing for others their powers for self-control. He immediately commenced to get out his own ore.

Physically he always took the best of care to be in good condition. There was nothing the

matter with his physiologic system, brain or nerves, and he knew that all he needed to bring peace and rest to his wife was to get out of his psychic nature the injurious morning personality. For remember the best of us have a second personality nagging away at our better and primary one, and it is the weakening of this secondary ego with the strengthening of the primary that makes the conquering man.

This duality of humans accounts for the blame or praise every honest man and woman is bound to receive. Our good enemies see only the personality they desire to see, our real friends see only our real personality. Hence there never was, there will never be, nor is there now, a man who is always blamed, or a man who is always praised.

The last thing our patient did that day before leaving his office was to put down in red ink on yellow paper: "B——, you are under treatment. Go down smiling. Now smile, smile; you disagreeable cuss! Don't you utter a word in the morning unless it can be a kind word. Remember now; this is the first lesson. Now smile!"

He pinned this chromatic adviser under his necktie. When he retired that night he had completely forgotten his resolution until, in pulling off his collar and tie, the pin which fastened the paper pricked his finger. "Good pin!" he muttered, and repeated the advice inscribed. So he went to sleep with this self-applied suggestion sinking into his memory cells.

Evidently his habit of self-neglect in control had a forcible hold upon him, for he rose the next morning and the first words he spoke before being fully dressed were, "A queer sort of wife you are. Didn't I tell you to have the plumber here yesterday? This shower is plugged."

The nerve-wearied woman fled while trying to tell him that she had telephoned for the plumber. She did not wait for the dreaded usual outbursts which she knew would last until he left the house. But in dressing, that paper turned up in his hands and the man dropped into a chair, reading the instructions, then got up smiling and went down smiling.

The son had hurriedly finished his breakfast and left the room. The wife came in, hovering around like a frightened bird, and received

quite a shock as smilingly her husband remarked, "This grapefruit is not ripe."

Well, even a complaint with a smile was some relief from what she had tremblingly been expecting.

He had the paper stuffed in his pocket and felt for it. He wanted to place it before him on the table; but a false shame, a feeling that he would be demonstrating a weakness, held him back. However, the incident made him again realize that he was really a pretty mean man in his home.

This fact, coming to him again and again, drove away the smile and brought the look so well known to his wife, and she fled the room. He finished his breakfast without another word and was pleased with himself as he left the house with even this childish improvement.

He kept that paper pinned to his necktie, shirt or handkerchief for a week, adding nothing to it. Several times he thought he would place it in the mirror, but feared his wife would see it. But, woman as she was, she knew he was struggling somehow, under some method, to at least be less of a morning terror. She knew if he suspected he was under any kind of watchful-

ness, he would rebel, and then matters would be as bad if not worse than before.

He improved. Noticeably to all the household he became less of a terror. One morning he rose before his wife—a very unusual thing—and while putting on his shoes uttered a very forcible, “Ouch! What the——”

The wife turned over to hide her laughter; the first spontaneous laughter she had had for months, for she had surreptitiously discovered him the night before putting tacks in his shoes.

She dressed and went down just as he entered the breakfast room; kissed him as he sat down and took her place, smiling, at her rightful end of the table.

For the first time in years there was decent peace in the house that morning. As he was leaving to step into the auto, the happy wife put her arms around him and said: “Jack, it’s so good of you to try to get into good humor once more—it’s more like the good old times. Keep up the tacks, won’t you? You’ve had all of us on tacks for the last few years,” and laughingly she rushed up the stairs.

Well, they soon understood each other. They had a good talk over it that night after return-

ing from the theater and supper. He told her all about his treatment of himself—how he hated himself for tiring them all out; how he never intended to say a cross word, but in spite of all his resolutions his tongue would spit spitefulness and meanness.

In time he cured himself. That is, he gave to his wife that constant rest she had so long needed. In his private library now hangs this advice from the ethical handbook of Buddhism: “Rouse thyself by thyself, examine thyself by thyself.”

“Search for the woman” is a maxim of criminologists. When you have a wife tired out, a woman who apparently has lost all interest in the activities of the world, yet still clings to her children and home, a woman whose sole remedy is a long period of rest—look for the nagging husband!

CHAPTER II

WHY CERTAIN BRAIN ACTIVITIES NEED REST

THE only person I know of who really had three days of continuous rest was Jonah. Yet it is probable that even this fortunate man had much to worry about which put his brain upon a strain. To be sure, he secured some physical rest, and undoubtedly as he again sat down on the sands of the shore mental quietude came over him.

I have often thought that the very best sanitariums for the "rest cure" would be to secure a score or more of whales, confine them to some salubrious harbor, and rent their abdominal rooms to those who needed a complete change of environment and freedom from the annoyances of the outside world. I know of no other way to keep the American from getting stock reports, keeping the restless confined to quarters where cocktails and cabarets are not handy, and giving

the patient time to think over his constant waste of energy.

It is almost an impossibility for the active American to secure complete rest of body and mind under the conditions of competition, rush and erroneous ideas of success. The normal "rest cure," undisturbed slumber, is seldom the fortunate lot of progressive man or woman to-day. Yet to possess this normal and physiologic factor for perfect health is an absolute necessity and not a difficult thing to acquire.

It may be that our unrest and nerve-racking methods of living in the past few decades were necessary in the course of our social evolutionary progress, but the time has arrived when we should take into serious consideration the causes and effects of our overrush of mental and physical energies.

While we have progressed intellectually by the steady strain and work animating our civilization, we have yet to learn how to rest body and mind so that we and our followers can have full nervous force for continuance of progression and also a reserved power for emergencies—individual and national.

The peoples of the East went through a

period of energetic progress, of "hustle," wars of conquest, feverish hunts for wealth and power, and finally reached a high state of civilization which in many respects we have not equaled. No matter how barbarous or "uncivilized" their social and religious life appears to us, the fact that they gradually exhausted their national and individual energies and sank into a state of worldly indifference and apathy from which they have not recovered should be a lesson to us.

We are a nation living upon our nerves. The successful merchant and the farmer's wife equally suffer from lack of power to rest at will their daily exhausted forces. We shall not reach the level of the Oriental by simply accepting the conditions as inevitable—as fate, Kismet—nor will a new and strange religion bring us to the state of believing that mental poise and physical improvement can be found in submission to things as they are, or that by sitting down unwashed and gazing for days at our naked belly we shall be carried away in a cloud of glory to some lotus fields where the seraphs will feed us on caviar and offer the drink of everlasting manhood.

No, we have been going to the other extreme. We have overworked our bodies and nerves to such an extent that many, very many, are chasing the blondes of the cabarets and accepting the poisons of the white-clad philanthropists of the cafés.

The American people must learn how to rest and repair physiologic forces and powers. And they must understand how to utilize the natural tonics and repair material within their bodies and not through the ruinous drugs now so universal.

The energy which now is either too early exhausted or ignorantly dissipated can and must be reserved for progressive work. This work we have been set to do can be done with all that pleasure health and lasting vigor inevitably give.

We need to adopt new forms of rest for the body and brain—individual forms varying in detail according to the nature and condition of the individual. The old methods and ideas of a few days' vacations, afternoon naps, Sundays' loafing or in bed, retreats, sanitariums, the "tired business man's show," and worse than all, drugs to "relieve that exhausted feeling,"

must go into the discard, where already we have tossed many fallacies.

For the mind we need to learn how to control all impulses—good or evil. We need to learn how to DO and NOT to do. We need to learn how to couple Action to Will, mental poise to energy. We must know how to uncouple the daily unessentials from essentials; to recognize brain fatigue from untrained will-power and how to rest the former state and develop the latter.

All these attributes of mental and moral progression can be acquired without losing any of our potential powers for force and energy. We shall always have to fight our way upward and we must always be in fighting trim to do so.

It was neglect of these facts which brought the Eastern nations to their present state of apathy and pacifism even in mental contests. Their religions gave them all sorts and kinds of aphorisms, prayers, moral advice and ethical rules that taught the habit of non-resistance in everything.

“Victory breeds hatred, for the conquered is unhappy. He who has given up both victory and defeat, he, the contented, is happy.

“No sufferings befall the man who is not attached to name and form, and who calls nothing his own.

“Sitting alone, lying down alone, walking alone without ceasing, and alone subduing himself, let a man be happy near the edge of the forest.”

These are samples of the advice given to an exhausted race. We need to cull a little from the books of the East, but the majority of the stuff they offer for peace and rest of body and mind is only fit for the half-witted and the aged, incurable pacifists.

For example—here is a bit of good advice found in the *Dhammapada* which applies to many neurasthenics today: “They who fear when they ought not fear, and fear not when they ought to fear, such men, embracing false doctrines, enter the evil path.”

The one outstanding trait of Americans is impatience with moralizing and theorizing. They “want to be shown.” Perhaps this is the best way at present to get facts into working order.

One great cause for so many wives and mothers becoming exhausted long before their

time—and really there never should be a time of exhaustion, only periods of fatigue—is a wrong sense of duty. It sounds strange, but a false “sense of duty” is the real cause of many disrupted households.

The first duty of every man and woman is to procure and secure health and radiate it. If you are mentally and physically in health you think right and go morally right. You guide right, advise correctly, influence for the best.

You can spread ill health as quickly as you can smallpox. Your disposition can be transferred to those around you if they have not learned to shun those who constantly talk of their troubles, disagreeable feelings and nasty tempers.

The first duty of a wife or mother—in fact, of everyone—is to see that they avoid all company and conversation which does not radiate the warmth of health. Over two hundred years ago Sir Richard Steele wrote in the *Spectator*: “It is an unreasonable thing some men expect of their acquaintances. They are either complaining that they are out of order or displeased, or they know not how; and are so far from letting that be a reason for retiring to their own

homes that they make it their argument for coming into company. What has anybody to do with accounts of a man's being indisposed but his physician? If a man laments in company, where the rest are in a humor enough to enjoy themselves, he should not take it ill if a servant is ordered to present him with a porringer of caudle or posset drink, by way of admonition that he go home to bed.

“That part of life which we ordinarily understand by the word conversation is an indulgence to the sociable part of our make and should incline us to bring our proportion of good will or good humour among friends we meet with, and not trouble them with relations which must of necessity oblige them to a real or feigned affliction. Cares, distresses, diseases, uneasinesses, and dislikes of our own are by no means to be obtruded upon our friends.

“If we would consider how little of this vicissitude of motion and rest which we call life is spent with satisfaction, we should be more tender of our friends than to bring them little sorrows which do not belong to them. There is no real life but cheerful life; therefore, valetudinarians should be sworn, before they enter

company, not to say a word of themselves till the meeting breaks up."

There are some women who think it is their duty to attend every funeral in their community. They keep mourning for this express purpose. They radiate a feeling of depression from the kitchen to the henhouse. There are other women who believe it is their "duty" to go to every social gathering, so as to spread an atmosphere of sympathy for their real and imaginary woes and troubles. Others there are who consider that only by repeating their tales of body misery to a tired husband can they demonstrate their wifely affection. Nothing so exhausts nervous force as the mental attitude of these women with a false sense of duty.

Keep your troubles and ailments for the doctor and for yourself to conquer. This is the first law of self-control. If you cannot spread happiness don't spread misery. Every time you gather force enough to tell others of your lack of mental poise, you have to work overtime to gather more for the next victim.

There is another kind of "sense of duty" which wrecks. You wake up in the morning tired out; force yourself to get the breakfast, see that

the children are properly dressed and off to school. Now, you well know the cause of the "tired-out feeling," but you neglected it to look after—as you think—the children. You think you are doing your duty; but you have in fact neglected it.

How? Because for several days you have had a headache and have been feeling "all run down." You consulted your doctor. He told you that you had some body poisons in you which needed to be washed out. He is a modern physician, scientific, and aims to show you how to treat and not drug your body. He insisted that you drink eight glasses of water a day; three of them at meals. Also a tumblerful before breakfast. He told you to get out in the air for an hour every day and walk briskly. To eat more green vegetables and less bread and pastry.

Did you follow all the directions? You did not. You tried the water before breakfast, but it went against you. Of course. Too long have you literally water-starved yourself. Ninety per cent of American women do. Then the walks? You meant to get out the very next day. Mary's stockings needed darning, and so you could not go. "Oh, it's such a

bother washing greens! Anyway, they cost too much now!"

Two or three days of this want of will-power to do your duty to yourself, and of course to your family, and the headaches increase in force and frequency. You don't like to go again to the doctor—you know just what he will say. Also, Mrs. Brown had headaches just like yours and Bunkum's Pills cured them. So you send Mary, when she comes from school, to pay the druggist fifty cents for two cents' worth of poison—poison to you. And vegetables cost too much!

You see, you have no control over your will. You go the way of the least resistance and think you are doing your duty.

The first thing to do to rest that brain of yours is to work it. A ridiculous statement? Not at all, when you understand.

There lie in your brain certain cell centers governing will-power. These need to be put to work to do that which the doctor ordered you to do.

It is the commencement of brain rest when you start to do that which you are unaccustomed to doing and "feel too tired to do."

When you do it you give the tired brain cells a rest.

“But Mary’s stockings cannot wait?” Both Mary and her stockings can wait for you to get health. Then again, you will say, if the doctor tells you to darn them later in the day: “Oh, I’m too tired out when night comes. I just can’t keep my eyes open.”

Of course you are tired, because you have not rid yourself of the body poisons and supplied the human machine with sufficient water and fresh air. If you had done so your fatigue would have disappeared. You are not tired out on account of work, but simply because you have tried to work with an unfit machine; and you have attempted to keep it going by deadening the warning through pills.

You never can train your mental forces nor rest that everyday set of brain cells until you start right in and do that which you know you ought to do and won’t do. You should reverse your sense of duty. “I ought to clean the parlor today,” you say; “how can I get the time to walk?” You see here how those tired housekeeping brain cells have you in their toils?

Take the time to walk and to do all other matters necessary to get and keep health. In perfect health you will find plenty of time for doing those manifold household duties. If the parlor interferes with your duty to your body, shut up the parlor. If you think otherwise, then your brain and nerves surely need a long rest.

You are in a very bad though common state. You fear the talk of others, you fear that your husband will think you are neglecting your "duty."

Never, never was there a normal and healthy man who did not prefer red cheeks and laughter to tired looks and a perfectly cleaned parlor or dusted library.

Rest for such women as you—and they are spread all over the land—is to think more of your inside body and less of outside opinions. Train new brain cells and rest the old. This is really to give your husband a new wife for the old.

"I know I ought to do as you say, Doctor—but how can I?" is what we hear every day of our struggle to get the American housewife to rest brain and nerves.

Remember that the food for tired nerves and wearied bodies is the change and rest certain groups of cells receive. You may rest somewhat a tired back when you lie down, but you are working tired nerves if you keep thinking of what you should be doing.

If you have lost your appetite, if you are bilious, if there is temporary indigestion, what do you do?

Rest the stomach.

Your eyes are tired from overreading or from some other strain; you know you must give them rest. If your feet are sore and very sensitive you know you have been on them too long or else that your boots or shoes are ill-fitting. What do you do under these circumstances?

Relieve the pressure and rest the feet.

In fact, in all the grosser or frame work of the body you recognize the fatigue point and rest bones and muscles. Worry, fear, working on your nerves, close mental application, bring a pressure upon nerves and brain. Mental pain may be due to ill-fitting thoughts; nerve pain to too long pull upon the nervous system. No matter about the exact details—like the tired

and sore feet, they must be relieved and have rest.

Everything throughout nature from trees to man has long periods of rest and time for repair, except the American man and his woman. In spite of our vacations, summer hotels, winter resorts and globe traveling, or "trotting," to be exact, we do not know how to rest, or will not see the necessity of resting at certain intervals brain and nerves.

The contemplation which went with piety, the fast days of the Church and "rest days" of our primitive ancestors, were conditions which kept people of the past from having frayed nerves and fatigued bodies. It is not our rush and hurry, our brain activities, which produce a nation of drug-takers and exhausted citizens, but the absence of periods of proper rest.

All people of rudimentary intellect had and have many days for refraining from labor. But the world's work today is done through intellectual labor, yet we have not reached that intellectual point of recognizing that we need today some method of forcing days of brain rest. Individual, self-made laws, of course, not group-inflicted, legalized hours to govern the

creative work of men and women. In the big financial institutions this fact is recognized, and no man is kept in or promoted to any responsible position who does not take long periods of absolute freedom from his work.

Materialism in its best form, freedom from religious and caste superstition, has done away with the old regulations of man's need for rest and relaxation. But some form of brain and nerve rest we must have. This is to come through our higher intelligence and knowledge of the physical and chemical forces within our bodies and how these act and react upon energizing powers.

It is necessary to explain in a few simple words just what forces enable us to keep going and just what actions on our part will slow down or injure our mental capacities. Only by such a casual insight of modern physiologic discoveries can one understand the real reasons for the instructions and lessons to follow.

One frequently hears a man or woman boasting of their powers of endurance and recuperation. Such will tell you, before middle age has been reached, that they can work all day and dance or sport all night and never get tired.

“Rest? Bosh! I can keep this up all night. All I need is a cold bath and a few winks, and I’m fit as a fiddle to go to the office!”

It is true, all they say. In those of normal health there are body juices sent out by little glands which keep the muscles and nerves plentifully supplied with new energy and eat up fatigue products.

If a young man is a big spender but small earner, if his capital is conservatively invested but does not return sufficient interest to cover his extravagant expenditures, he will foolishly believe that a little of his capital will not be missed.

So finding himself short of cash and determined to keep on, he uses some of his well-invested securities. We all know just what happens in the end. Either he becomes a complete bankrupt, or, if he comes to his senses in time, suffers a depletion of his income.

There is nothing permanent in this world. Nothing is at a standstill. Everything is going forward or going backward. Man rests and improves; wastes and decays.

It is now known that body fatigue—this of course includes brain and nerves—is repaired

by adrenin. This energizing substance comes from the adrenals—two glands located in the region of the kidneys.

Adrenin is a fatigue elixir. It enables the tired person to recover almost immediately from complete exhaustion when it is artificially given by using an extract from calves or sheep.

Of course any such use as a habit would soon wear out the human machine as would a forced fire making a hundred pounds of steam upon a boiler built to withstand only seventy-five pounds.

What cause an excess flow of the natural adrenin in the blood are emotions. Fear, anger, worry, or any distress of mind sends an extra amount of this revitalizing substance rushing through arteries, veins, brain and nerves.

It causes many changes in the body's economy to take place rapidly; such as transforming starch into sugar, which renews energy.

When you have been emotional, when you have "lost your temper," when you have had jealousy tearing away at your peace of mind, there has been a call upon the adrenal bank.

When you have become fatigued by the work

and worry of the day, when you have been on a long, big strain of maternal or financial anxiety, when you and he have been spluttering and throwing verbal brickbats at each other, a hurry call is sent for more adrenin. It responds, and temporarily relieves and revivifies.

We have no exact knowledge of just how long the adrenals can keep up with these extra calls upon them, nor how rapidly they can manufacture and turn out adrenin. But common sense and reasoning from analogy tell us that these glands certainly have a limit to their endurance and capacity.

Give them periods of rest, and as any other organ in the body, their functions can be retained up to the time Gabriel blows your call.

You now can see that after you have been under any emotional or physical strain, and even feeling "all right" because of the effect of an extra flow of adrenin, you should take a period of rest and relaxation for the sake of the adrenals.

They have done their temporary work and made you feel rested, but now turn round and give them time to store up more of their revitalizing material.

You need not try to sleep, but you must relax in every way. This is something of an art, but the only way of resting the inner activities of the body's forces.

CHAPTER III

HOW TO RELAX

THE bow which is never unstrung and the human body which is never relaxed in time lose their powers for resistance and energy to spring into usefulness.

The most perfect example of the ability to relax every muscle in the body after a period of tension is to be seen in the cat tribe. The ordinary house cat will watch for a rat or bird with every muscle, including eye and ear muscles, upon a steady, taut tension. Great nervous force is used to keep up this attitude, for every organ in the cat's body is under complete control and internal glands are steadily pouring their stimulating juices into nerves and vessels.

The condition under which the animal must remain for minutes or hours in order to get its food is similar to a powerful spring wound up to be released at a certain moment. When the game is caught there is complete relaxation throughout the body—brain, nerves and mus-

cles. Now comes the method of conscious relaxation. The cat finds a warm and quiet place, slowly washes its face and paws, stretches, then lies straightened out for a few moments while its muscles apparently lose all semblance of power or strength. Limp, soft, inert appears the whole muscular structure of the relaxing animal. After a while, however, it seems to have given every cell in its body sufficient revivifying material; then it will curl up and sleep—restore energy.

Every active man and woman is tensioned to get the best possible living. Some there are who never relax. The man in business, the wife whose work seems never to be done, the newspaper people, and especially the working young woman.

There are forms of relaxation as old as civilization which in their various phases have done much injury. Going on sprees, the constant desire for new experiences and pleasures in the working girl, the intense social ambitions and hunt for social success, and in those suddenly become rich the rapid impulse to make display, are from a psychologic standpoint merely the subconscious demand for relaxation from the

daily strain. Even war is an expression of this demand to get relief from the tension of commercial and political life and to put into activity the steady drill, study and implements upon which so long attention has been focused.

All these injurious factors of civilization have been necessary to relieve individual and national stress and strain. They have taught us, through an intensive study of human and animal psychology, that the body and brain must have some form of rest, and that the human family as now developed must change its forms and methods.

All forms of alcoholic and drug habits are merely expressions of a desire in those of nervous instability to get away from the exhaustion due to overwork on the part of the individual or his forebears. The remedy does not lie in prohibition, legal restrictions, prayers or temperance exhortation, but in education in its broadest sense.

Regulation through instruction, so that those of exhausted vitality will not reproduce their kind; knowledge that all forms of relaxation in which excitement plays a part are injurious and tear down instead of building up, and the

lessons to be derived from all animals that when strain and stress have brought temporary exhaustion the way out is not another form of excitement but a calm, quiet retirement where ear, eye, brain and nerves may rest undisturbed.

In one respect the human male animal is the greatest coward in all animal life. He fears he will be considered as lacking in vigor if he should take an hour in the middle of the day to repair his adrenals or rest the heart. There are men in offices all day who need to get out in the open and exercise. There are men under great responsibilities who need to quietly go to a darkened room and relax every organ in their bodies—to get down a high blood pressure, to relieve a surcharged brain. The general rule is for the man who needs exercise to get a few glasses of beer, take a stuffy car home, growl at his wife, complain of his employers and smoke a few rank cigars.

The man who needs to lie down and relax in a physiological manner generally motors to his golf club in the summer, where he again puts himself under a strain, or in the winter drops into his city club and over a cocktail gets into a

discussion about the market or the future of commercialism.

A rest room in every house with the knowledge of how to use it would decrease the profits of the barrooms. The working girl needs such a place, the working woman somewhere she may go and be free to relax, the mother a hiding-spot where neither children nor husband can penetrate.

The conditions for complete relaxation are about the same for both sexes and all ages. The room should be free from strong light—just a “dim religious light.” Its hangings preferably light blue or dark green. It should be warm but not overheated. Outside air should be allowed free circulation.

There should be no odors or scents noticeable in the room. Few understand the powerful influence odors have upon many people and the fact that certain odors and scents will subconsciously affect every individual.

Flowers must never remain in the room where you are to relax, however pleasing they may be. Remember, we are not relaxing for sensuous purposes as do the Orientals, nor are we just

lazily lying down to dream of lotus lands and their caretakers, but to repair the wear and tear put upon the bodies of men and women of this progressive land.

Relaxing room would be a better name than rest room, in order to make clear the distinction between a mere place to rest a fatigued body and a room to which you go to rest internal forces.

Have you ever after lying down found yourself thinking over some little error or mistake you made during the day? Some little thing you said in slight anger; some act or deed which now makes you fairly ashamed of yourself? Have you ever reacted some scene imaginary or otherwise, or thought what you ought to have done or said?

If so, and if you are frank with yourself, you know it is so; you found that your hands were clenched, the muscles of your arm tense and contracted or the back stiffened by muscular efforts. Yet it has all come through no conscious effort on your part. You did not voluntarily contract the muscles of your arm, your back stiffened up before you knew it, and about all you do know of the strain you have been on

while lying down is the feeling of fatigue when you arise.

Your wrong thoughts sent their messages to your muscles. You subconsciously were ready to defend yourself from attack. Your muscles were stiffened from the same cause that makes a cat's back curve or a dog's hair stand "on end" when an enemy approaches. The adrenals were excited and set out their exciting substance ready to supply any immediate loss should your muscles get into action.

But of course the cause of the dog's or cat's condition is a natural cause—the inherent act of self-protection. The cause of your clenching your hands, stiffening muscles or hiding your head in the pillow and groaning with slight shame, is due to your own enemy in you. And it will beat you to exhaustion every time until you learn to keep the thought enemy away.

Now, relaxation is just the opposite condition of stiffening muscles while lying down—it means such a mental attitude that every organ in the body rests unaffected by exciting or stimulating thoughts.

To learn to relax takes time, but its benefits

in renewing nervous power and revivifying brain force, in strengthening the heart and the terminal blood vessels, are worth all the time and patience you possibly can give.

One of the great benefits arising from the power to relax is the mastery over worry it gives you. Worry is a veritable poison, or rather it manufactures poison in the body. These poisons start degenerative changes in the arteries, and necessarily in those situations where "end arteries"—minute terminal vessels—are of vital importance; in the heart wall, in the brain, in the kidneys.

In order to make the lessons clear let us take a few of the different individuals who need to relax daily. Each individual represents a type, and when one understands to which type he or she belongs the details are readily comprehended and applied.

Mrs. ——— is the mother of three healthy children. Her husband is a well-to-do business man. But they had their early struggles and Mrs. ——— did her own work for some years. She is forty-six years of age. Except for "always being tired out" she says she is a well woman.

Now right at the start we see how little Mrs.

— understands what health means. “All tired out.” Certainly such a state is not health—it is avoidable misery. She is “all tired out” because all her married life she has been on a nervous strain. Her ductless glands have been active and ready to repair and revivify, so much of her fatigue has been offset by their action. At her age there is rebellion in the repair material and glands. They do not act with their accustomed facility. She still keeps on, however, in the same old way while there goes on a gradual lessening of recuperative powers.

She tells you that she does lie down to rest “whenever she can find the time.” “But there is always something or somebody to disturb me,” she says. Upon questioning her we find that she always lies down with a fixed idea regarding what she has to do at a certain time. In other words, she never relaxes; just lies down under a tension.

On the day we started to teach her the principles of relaxation she spent the morning in the kitchen. She had a reliable cook, but the old idea that nothing would go right unless she was there to oversee and work was so fastened upon her that in spite of my instructions to keep

away from all cooking odors she stayed with them.

The reasons for my orders were that she had frequently told me the odors of cooking spoiled her appetite and were always with her—even in her dreams.

Having relieved herself of all tight clothing, I had her lie down on her back, allowing her to take her own way in doing so. Taking hold of her arm I found the muscles on a slight tension. Of this she was unconscious and also of the fact that her breathing was rapid for her position on her back. There was an appearance of mental strain and the nostrils were in movement.

“Mrs. —, what is worrying you?”

“Why, nothing, Doctor—really nothing.”

“But there is. You are on a tension, muscles and mind. What are you trying to breathe away?”

Then she laughed and replied: “It must be those fried onions. Whenever they are cooking they affect me disagreeably; I can smell them for two days after.”

So there we were, attempting to get a mental state fit to permit of a complete anatomical

relaxation and having a very disturbing odor memory preventing it. I had her dress and get out into the fresh air for an hour, after making another appointment for the next day with the understanding she was to keep out of the kitchen in the morning and walk an hour before our appointed time.

Now came the trouble generally met with in trying to show women how to relax. If it was so much bother, if it took so much time, she could not do it. Why could I not just show her what I meant and she would, really she would, relax for an hour every day. It takes a lot of time and patience to convince a woman of the importance of getting the right mental state if she is to benefit by relaxation. Only by telling her the truth, that if she will try to cultivate a mental state which allows complete relaxation of the muscles and internal organs, wrinkles can be kept away, restful sleep at night obtained, and the body kept young and active, can you do much with the average woman today.

She had reached that state where the children's presence frequently irritated her. She was of a sociable nature and attended to her social duties, but always returned home "all

tired out" and feeling the effects of the strain. Life was becoming a strain instead of a pleasure. Friends and a physician told her it was all incidental to her age, but she did not fully believe them. And she was right. The only age incident in the whole trouble was of an over-worked glandular system. It needed rest daily, and such rest as it needed never could be obtained until her mental activities permitted a complete relaxation.

Upon our second attempt we made some progress. She had done her best to be left undisturbed and had fitted up a "relaxing room" in the upper story.

Having on only the lightest sort of clothing—a silk wrapper over some other kind of silky covering—she was told to take her most comfortable position upon the lounge. I took her arm and raised it. There was a slight unconscious resistance. I explained this to her, but before she had time to ask any questions told her to breathe slowly—to reduce her respirations to twelve a minute (six respirations below the usual number). This for the time took her mind off herself and again upon lifting her arm I found no resistance. However, as she con-

tinued to try to regulate her breathing there was noticed a tension of the abdominal muscles—a natural effect while learning the art of relaxation because there was conscious effort in the control of chest movement.

I explained to her that in time she must learn how to drop down on the lounge without any muscular resistance—just as she would in a faint.

Every bit of muscular resistance puts some kind of a strain upon the heart as well as upon the adrenals. The slightest effort of resistance means that a little fatigue poison is manufactured. Of course we cannot reduce this fatigue output to nothing—as long as there is life there will be this process going on. But the idea in relaxing is to produce repair material in excess of the fatigue, thereby storing up energy.

Twice the amount of fatigue requires more than twice the amount of rest. Four times the amount of fatigue demands more than four times the amount of rest, until finally a state of excessive fatigue requires a rest period which may have to be prolonged indefinitely.

The first essential to the accomplishment of benefit in relaxation is the ability to control

thoughts and govern mental habits. One must absolutely be able to put aside for the hour the anxieties of the day, the appointments for the evening, the nagging and often useless "household duties." In this sort of drilling the mind, you get the very best brain food.

I am not quite certain whether the most benefit derived by relaxing the body comes from the mental training it compels or the rest it gives to the overworked vital organs and their stimulating juices. It really matters little, for the fact is that the whole human structure—brain and tissues—is benefited.

Upon our second day of instruction with Mrs. — I found that no matter how well she tried to follow my advice, there was some portion of her body on a tension. Sometimes it was her neck muscles, then her hands and fingers. If I succeeded in getting these relaxed there would be a rigidity of limbs.

Knowing the trouble all came from her mental attitude I finally pulled it out of her. She could not get her mind off a little incident of the morning. Her husband was to bring an old friend to dinner and the cook had objected to the hour.

Of such things are body poisons made.

It is not necessary to go on. There were many sessions to get this woman's mind so it would toss away the unessentials of her life and cultivate the essentials; to understand that when she wanted to feel that life really was worth living she must know how to live.

She now can go to her relaxing room after a day's work and excitement, and dropping limp upon the lounge, reduce her breathing movements to ten a minute, her heartbeats to sixty-five a minute, and put aside all annoying or worrying thoughts. Her face has lost its former strained look; there is a fullness and suppleness to her neck not there before, and she daily stores up energy for the future and emergencies.

Medical science has made tremendous progress in conquering many of the scourges and diseases which have so long afflicted civilization. Typhoid fever, smallpox, diphtheria, tuberculosis, and most of the water- and air-born diseases are now under control. The death rate in these former scourges is reduced to almost negligible numbers in some communities, and before long to permit these infectious and con-

tagious conditions to exist will be considered a crime.

Yet the death rate from degenerative diseases—hardening of the arteries, apoplexy, kidney affections—is on the increase. And the deplorable fact is that these deaths are among those who are, as far as years go, in the prime of life. Men and women are dying at the age of forty-five to fifty-five because they do not rest their hearts at proper periods and commence the care of the vital organs too late for their complete repair.

Hardening of the arteries—arteriosclerosis—Bright's disease, diabetes, apoplexy, affections of the adrenals, have their starting-point in overworked hearts. It is the emotions, the anxieties, the worries of life today which put the heart upon such injurious strain. Now, we cannot always, in fact seldom, avoid or control those many factors which make for anxiety and cause the worries of life, but we can, when we understand the matter, give the heart periods in which to repair from its overwork.

A business man of forty and over is under great strain. His scheming, his constant watchfulness, his energy all are concentrated upon one

object—success. It makes little difference just what his business is, manufacturing, banking, commercial or salesmanship; he must always “be on the job,” for he is in a race and to let up means failure.

All this means a steady pumping, pumping of blood to the brain, frequently at the expense of other organs. It is the hourly, daily and often nightly pressure which is doing the harm. The man who has been under an all-day mental and physical high gear feels it, knows it, at the end of the day. But what does such a man generally do? Gets some other kind of heart-pumping stimulant. It may be an alcoholic “pick-me-up,” it may be the excitement of a prize fight, perhaps a visit to a respectable dancing resort, or a harmless—morally speaking—joy ride.

It matters little—the almost universal method of finding some form of relief from the daily pressure is only another form of heart stimulation.

Play, pleasure, recreation we all must have, but there should be knowledge of just what is play and recreation and what is injurious stimu-

lation, if the man is to avoid early degenerative disease.

If your heart has been pumping away at a rate of seventy-five beats a minute during the active hours of your work, you can readily understand that just as soon as you can reduce it to seventy beats a minute you will be able to allow it to repair—to compensate for its overtime. Now, if you leave the office with the heart still running over its normal rate, take a cocktail to brace you up; what are the consequences? A further pushing of its speed. If you rush to your dinner and fill your stomach with stuff which needs plenty of blood to aid in its digestion, again you call upon the heart and arteries to work overtime. The delicate arteries of the kidneys or brain are already fatigued, but do their best to take care of the overpressure put upon them.

And what a lot of care and work they will do even when insulted day after day, night after night!

It does not mean that you must forego all the decent pleasures and fun in life in order to take care of a heart—and this of course means care of brain, kidneys, liver, arteries.

After the day's excitement walk slowly in the open air for an hour. Then go to your room of seclusion, strip, take a sponge bath, a good rub, and putting on a bathrobe lie down and relax for one hour. Raise your left arm at right angle to your body and let it fall gently down to your side. Don't try in any manner to resist its movement. You must feel that it is soft, limp, without muscular life. Then count your breathing movements. Get your respirations down to at least sixteen or fourteen to the minute. Now go through the relaxing of the right arm.

Gradually, day by day, you must learn to have every muscle of the body relieved from any sort of contraction while relaxing. To do this your mental state should be in a state of relaxation. I fully appreciate the great difficulty in this matter in the average American man's make-up—for he will think of the business in hand or what he intends to get into his hand. But the only way out for him if he wishes to avoid the degenerative diseases is to rest his heart, and this heart never can be rested if it is kept on high gear through mental emotions or continued activity.

A man who wishes to add years to his life must take an hour a day to add strength to his heart.

The farmer, the mechanic, the motorman, are no exceptions to this rule. Everything and everybody is forced to speed up. Now, for every notch of speeding up there must be a notch for slowing down. This is as true of the human machine as of the purely mechanical engine.

A machine which is too often sent to the repair shop soon becomes useless. A man who waits until he is "all in" and then goes to some of the "repair shops" for human machines never can have the certainty that there is not a pipe, valve or exhaust outlet weakened or practically useless.

It is not a sign of weakening vigor to lie down and relax for an hour every day—it is a sign that you will outlive and outwork those who "go it while young."

CHAPTER IV

WHY THE TIRED SHOPGIRL AND THE WEARIED WOMAN SHOULD REST

It is not the hours of work or the standing that causes the shopgirl and saleswoman to become fatigued. Really there is but little true physical weariness in these workers, but there is almost always a state of feeling that the nerves were worked up to their limit for the day.

Generally of pleasing disposition and good health when entering upon their field of work, most of these girls and women after a few years become chronically fatigued and their nervous systems are in a constant state of unrest.

It is the grouchy shopper, the woman who lacks poise, the housekeeper worn out by her work, who rushes off to secure some bargain at a time when she should be resting or relaxing, that gets on the nerves of the saleswomen.

Persons suffering from mild forms of hys-

teria—the excitable woman—transmit much of their unstableness to those brought into contact with them. A state of nervousness, restlessness, indecision, has a decided effect upon others of the same sex. All these effects are subconsciously induced, but everyone of experience in these conditions recognizes the fact but does not know the psychologic reason. Much of the slang of the day is very expressive of the effects of certain forms of social and personal relations. “She makes me tired” is an example. “Wouldn’t she make you weary?” is another way of expressing the fact that a certain individual has left you feeling in some way affected.

Let a woman of a grouchy disposition, one laced and pinched, with a cream puff and a glass of soda water in her stomach for the noon’s nourishment, enter a shop with no decided idea of just what she wants but with the idea that she wants something, and her approach to a willing saleswoman means that some of her disposition will cause a strain upon the nature of the girl who waits upon her.

It is inevitable—it is a law of psychology. If the saleswoman has trained and schooled herself to be always outwardly calm and appar-

ently unaffected by these unreasonable shoppers, the suppression of her desire to express her feelings works inwardly and means a peculiar form of psychic fatigue. Headaches, twitching of the muscles at night, sometimes a rabid desire to flee the work, a feeling of a tight band around the base of the skull, are some of the symptoms showing a suppressed state of the emotions during the day. Some of these girls have told me that if there was a "scream room," a padded room next the rest room in the big shops, where girls could go and have a good scream, they would return to the counter very much relieved. And psychologically speaking this form of release and outlet would be of benefit—but of course in the end would work harm.

A shopgirl or saleswoman can stand the foolish inquiries and impatience of a man shopper when this rare bird puts in appearance, will smile at his criticisms and willingly try to find what he wants or thinks he wants, and when he leaves, instead of being completely exhausted, finds herself much amused.

This is due to a well-known psychologic fact—that except in those who have to live in close daily contact with each other—the opposite sex

does not affect the female through his grouch, impatience or disagreeable manner. It is the eternal maternal instinct, the innate feeling that the male must be "mothered," that he is really only a child in certain matters, which saves the woman from nervous exhaustion when waiting upon a man.

Of course this refers to the stranger and where there is complete indifference from the personal standpoint. It is a negative condition and arouses no antagonism. Women are never negative with each other. Seldom are they attuned to each other. They clash subconsciously, they reverberate disharmony, they always leave one less poised than before the meeting.

With a great many women shopping is a false form of relaxation. It is a psychic spree whose fundamental cause is similar to that of the alcoholic spree. It is the old, old expression of trying to relieve a strain, to do something which will temporarily rest the nerves and brain. But it acts quite contrariwise, for it puts a further strain upon nerves and brain although for the time being it seems to bring surcease from the daily grind and monotony.

If we could have some form of taboo which

compelled every woman to remain at home and rest a few days before the bargain sale days and the holidays, it would redound to the benefit of both shoppers and saleswomen.

We might adopt some form of the Fiji islanders' method of resting their women before a great bargaining or shopping day. Annually the Fijis await the swarming of a curious sea slug coming from the coral reefs on a single day of the year, usually in November, on the last quarter of the moon. Then all activities are suspended for four days, no labor may be done or any woman seen outside her house, in which she feasts and relaxes. There is a taboo on noise so strict that a forfeit is exacted for the crying of a child. At dawn of the fifth day men and boys scamper about, knocking with sticks at each door for the women to come out. Then the women go for the slugs as do our women for the "white goods" when the advertisements knock at their mental doors.

Youth and health are always optimistic, and this hope and gladness prevent those who toil daily under conditions which bring brain and nerve fatigue from taking up the matter of rest in time. After thirty years of age the woman

still working cannot expect her recuperative powers to keep pace with her wear and tear. There is certain to be a gradual accumulation of fatigue effects and material, and in time this means a loss of curves, lack of complexion, lessened energy and jovial spirits and the showing of age.

All these woeful conditions are avoidable if the young woman will repair and store up energy every day.

No matter what your engagements are for the evening you should find an hour between your release from work and the evening pleasures in which to rest and relax.

Go to your room and take off every stitch of clothing. Rub every inch of your skin with a rough towel. Rub from the extremities upward. Lie down on your back. Bring both arms up over your head and stretch them—fingers and wrists. Let the arms fall down, resting along the sides of the body. Lift the left leg until it is at right angle to your body. In that position bend the knee upon itself. Grasp the ankle and give two or three pulls upon it so that the heel strikes the body. Repeat with the right leg.

Now stretch each leg as far as you can—alternately. Bring arms and legs at right angles to the body—all at the same time—then let them fall limp into any position they want to take or do take. Remain as limp as possible and try to think of anything which pleases you so long as the thoughts are not upon anything which occurred during your working hours. This will require a lot of mental training, but can be accomplished. The training is the very best possible brain food in these conditions.

After ten minutes in this attitude place your left hand upon the pit of the stomach—just below where the ribs divide—and press down. Not hard at first, but let the pressure be gradually applied. This is right over the solar plexus, and you want to press hard enough to know that there is a bunch of nerves there. If you press hard enough you will know it.

Release the pressure and take a deep, long breath. Hold the breath for a minute, then let it slowly out.

Go through the same pressure movement on the pit of the stomach with the right hand and repeat the breathing movement. Do this ten times. Now train yourself to breathe deeply

and slowly. It will take some days, if not weeks, to learn to do this effectively. But keep at it.

These exercises have taken about thirty minutes. For thirty minutes more lie quietly and be certain to have no thoughts which will cause a muscle to twitch or a frown to appear. Before dressing to go out, drink two glasses of water.

The woman who has been laced up all day, the middle-aged woman, the woman somewhat stout and the housekeeper who has been on her feet all day, should go through the above described exercises with the following additional details:

When each limb is at right angle to the body—the leg, for example—it should be grasped just above the ankle and tightly squeezing the hand around it, you should push the flesh ahead. That is, with pressure strokes carry the blood along the limb up to the knee. Grasp one wrist by the other hand—arm extended at right angle to the body—and go through the same stroking pressure right up to the armpit.

Repeat this exercise with all four limbs and keep up the exercise for fully ten minutes.

HOW TO REST

In learning to relax you will do well in the beginning to practice the dropping of the limbs from their extended position, the art consisting in permitting them to go their own way. You must make no conscious resistance.

In one particular way the girl and woman out in the world uses up a tremendous amount of nervous energy which she can easily save. It is the way she uses her voice. Half the nervous force she uses in speaking and calling, in expressing her feelings and opinions, could be kept in storage and brought out at times when it is really needed. All these little matters make for health, beauty and active mentality.

Whether you are using the vocal muscles in speaking or the arm muscles in shoveling coal, just so much nervous energy has to be called forth in proportion to the physical efforts. If you speak gently, quietly, you do not need that nervous output you have to call upon when you shout or excitedly vociferate your feelings. I believe one of the principal causes for telephone operators being less nervous and better poised than the average girl worker is due to the voice training they have to undergo. I do not mean voice training in the sense of elocution or sing-

ing, but the training in slow, distinct enunciation, the avoidance of excitement under the most exasperating conditions, and the ever smooth, controlled cadence. It is a training in nervous control and brain action.

The voice at all times tells of the mental and nervous state of the individual. It can be so used as to destroy any chance of obtaining a nervous reserve; it can be so used as to make for nervous strength and brain health.

The harsh voices and strident tones heard among American girls and women are evidences of injurious neglect in training them in early life in the proper use of the nose in speaking.

Incidentally, this condition accounts for some of the nervousness so frequent in girls and young women, for there is a direct relation between the olfactory bulbs—the smelling organs—and the general nervous system.

As these olfactory bulbs are situated in the upper part of the nose, any injury—and this means mucus and dust—to the membrane of the nasal passages is bound to irritate these bulbs. The wrong use of the nose in speaking—and this is almost universal in America—not

only causes this irritation, but, furthermore, is a tremendous strain upon the nervous system.

Overuse and wrong use of the voice in speaking, especially where the emotions are constantly excited, is almost always the way to bring about a state of nervous exhaustion. The breakdown may not be demonstrated in any of those forms we usually associate with nervousness, but is caused by disturbance of blood conditions.

Many mothers are affected through excited calling to their children, through a mistaken idea that loud-voiced objurgations make a good impression, through lack of patience to quietly go to the child and in a subdued tone advise and instruct. I have heard a mother calling out to her children who were in the yard and yelling at them later when they were in the attic playing, while she was standing at the foot of the stairs or at the back door. Then later on, after weeks or months of this sort of nervous expenditure, go to the doctor and ask him to give her "something for her nerves."

Nothing is so telltale of breeding and training as the tone, timbre and use of the voice—especially the female voice. Temperament, disposition and the power of attraction are

told by the nature and use of the voice in women.

The true tone of the voice is the most effective call the girl has for proper mating and universal admiration.

The nose, aside from its use to moisten the air we breathe, controls the resonators, the sounding-boards of the voice. These are closely connected with the nasal cavities.

The first thing to do in commencing to get a voice which will delight and attract is to see that all the nasal cavities are kept clean and clear of foul air. Just because this is generally neglected is why we have those unpleasant rasping nose voices which so long have stamped American men and women.

Catarrh has been blamed for this brassy and penetrating voice, but if the nasal cavities had been watched and cared for, catarrh would not be a cause.

Catarrh simply means dirt-germ accumulation—in the delicate mucous membrane and among the tiny hair-like things in the membrane, which nature placed there for the purpose of protecting the sounding-boards.

An important fact for girls and women who

wish to be healthful and beautiful to know is that clean nasal passages mean clear, bright eyes.

Another important fact to realize is that no matter how careful you are in the details of cleanliness and bathing, the soot of the cities, the thick air of subways, the mixed—fearfully mixed—atmosphere of shops and offices, and in the country the motor-stirred dirt of the roads, are the materials which get into the upper air passages and remain there unless you know how to clean out nasal passages.

Then, to avoid unaccountable nervousness in the young woman, it is absolutely necessary that the olfactory bulbs should be free from all and any irritation.

Again, these scent detectors become more or less lazy or loaf on their job when surrounded by mucus and dust. This means that you are not warned of foul air until you are filled with it and headaches, depression, general discomfort and inability to do good work are the inevitable result.

For the same reason the use of strong scents or penetrating perfumes should be avoided, because in time they lower the sensitiveness of

the olfactory bulbs. Any girl who uses musk—or any strong perfume—is on the way to extreme nervousness before she reaches thirty years of age. It is a physiological effect which does the harm, and few know or are told that quite frequently the young woman who goes to the doctor for advice for a distressing form of nervousness has innocently and ignorantly brought the trouble upon herself by the steady use of a very harmful scent stimulant.

The wise woman will surround herself only with the more delicate scents, not merely because they are usually more pleasing and show good breeding, but because they are best for her health. But the sweetest scent in all nature is that emanating from a healthy skin, clean teeth and nasal passages free from any accumulation of dust or dirt.

To commence to train the voice for speaking in tones which at once display refinement and femaleness of the highest type, one starts with the care of the nose.

After your cold plunge or sponge bath in the morning, snort out through the nose, rather forcibly, with the head bent slightly forward, the accumulations of the night. Now take a

piece of soft linen, moisten in warm water—not hot water—and twisting it into a sort of probe, gently insert up each nostril.

Standing with no tight clothing to confine the upper body, breathe slowly through the nostrils. Be sure to keep the mouth closed.¹ Fill the lungs with fresh air—not necessarily cold air. Hold your breath for twenty seconds, then let it out slowly through the nose.

Repeat this exercise eight or ten times. Go through the same procedure at night time.

These exercises clean the sounding-boards and start a fresh supply of oxygen to the tiny nerve and blood cells, so that when you properly send your words over the nasal resonators they come out clearly and tunefully. Never use a nasal spray or salt solutions of any kind. Remember this advice, and also the fact that for almost all kinds of nervousness there is a cause in your habits or ignorance of just what you are doing in little matters to use up nervous forces. Just as sure as there are causes in your habits or neglect of certain details in living and thinking, which bring you to a nervous state

¹ For complete details of breathing exercises see *Breathe and Be Well*. Clode, pub.

or mental depression and inability to concentrate, there are in your body remedies for these states. Drugs, medicines, any external or internal strangers and strange things to your delicate physiologic forces, do harm. You can have a physiological rebirth just as surely as you can have a spiritual rebirth. You do not take a bottle of Soul Tonic to cure a sick conscience; neither should you take a bottle of vegetable or mineral stuff to cure a nervous headache caused by angry shouting and emotional sputterings of harsh words.

But to get back to our nose cleaning. You have only so far put the voice reproducer in a fit condition. To cultivate the voice itself requires patience and practice, but is well worth the trouble to every girl and woman; for after all has been done to make a pleasing physical appearance, if the voice is not also pleasing a girl loses much of all her other charms.

The lack of early training must be overcome and the habit of placing your tones, muscle development of throat organs, and learning to cease calling or shouting must be considered.

As an example of just what I mean: A girl in a shop who wishes to speak to another girl

will, as a rule, call to her from a distance. She will do the same on the street or during lunch hour—anywhere it is permitted. At home she will call out to her mother or yell at her brother.

No young woman who wishes to appear refined or well-bred will ever call out or use her voice so it passes beyond her intended hearer in ordinary social or business conversation.

The way to do is this: When you have something to say or tell, go slowly to the one you wish to speak to, taking a few deep breaths on the way. Then speak slowly and note the tones. Never forget that the tone and sweetness of the voice is a mark of character.

I know a young woman employed in a large department store who became extremely nervous. She commenced to lose flesh and became pale. Headaches and backaches, sore throat and a general depression were becoming a daily and dreaded condition. Her voice gave me a hint as to the trouble.

It was harsh, strident, and even in speaking to me she would shout. She was using up nervous force every minute of her life by her shouting and calling out to her friends and

comrades. To teach her how to use her voice and save energy, to get back health, I had her purchase several good phonograph records of recitations by celebrated actresses. She was to try to reproduce the tones and timbre, the accentuation, the deliberation and the calmness of these poised speakers. In two months there was a most remarkable change in her whole attitude—physically, mentally. She now seldom raises her voice above a natural tone, and speaking is no effort or strain upon the nervous system, but a real health-giving exercise.

Breathing slowly while thinking of your words dilates the nostrils and the sounding-boards send out clear, resonant words. If your ears or thoughts have received messages which bring a scowl, don't attempt to speak until you have ceased to scowl or frown—not if you want to be free from wrinkles at fifty-five years of age.

The reason is that all mean, petty, jealous or suspicious thoughts affect the tiny muscles of the face and cause a partial closing of the nostrils. This gives the words a sound as though coming from a cracked bell.

Then again, words spoken in anger or coming

in hurried breaths cause disturbance in the thyroid gland and this reacts upon the adrenal glands. Now, one brings about a change in the quality of the blood and the other in its pressure. Hence the nervous stability is affected, the tiny blood vessels in the upper voice resonators are engorged and a harsh voice results.

The human speech can be so used as to be a delight. Also it can be so abused as to be a repelling thing.

And the great difference—the big and important difference to every girl and woman—is that of the beauty of the face retained through correct voicing.

If you wish to have an attractive face which will last up to good old age, well rounded; smiling, pink lips; dimples, shapely neck, full bosom, you must use the muscles of face and throat the way nature intended them to be used—for understandable and pleasing speech.

No woman is all woman who is not subject to emotions. Now, emotions have a most powerful effect upon voice production. If you do not train yourself to control—not suppress—your emotions, then the voice in anger, fear or jealousy will run riot with your feelings and never

can you under these conditions obtain a pleasing voice or retain that facial beauty which it is your right to possess and retain.

Let your voice show your emotions, but let them be so carefully controlled that your voice never will be harsh and repellent.

This is the sort of schooling which nourishes nerves and feeds the brain.

CHAPTER V

INJURIOUS SELF-FEAR AND HOW TO DRIVE IT OUT

IF you are running a motor car over an unknown road and every small stone or little rut looms up to your imagination as danger spots; if you hold the wheel with fear always by your side, you are certain to so interrupt the smooth going of the car and engine as to finally injure them both. The sudden application of breaks, the useless changing of speeds and gears, the quick twists of steering gear and front wheels, soon put the whole car into the unreliable class.

Now, if you have sitting alongside or back of you a nervous and timid person constantly leaning over to you and cautioning or pointing out some little stone, a person who fairly sweats useless fear, your nerves are going to be affected, your self-confidence weakened, your ability to make the journey along an ordinary road decidedly lessened, and when the journey

is finally ended car, engine and driver are equally in a state of exhaustion.

Just so is it fear which prevents many men and women from going along on life's road smoothly and without injury to their running parts—nerves and brain.

It is not physical fear, not personal cowardice; not mere timidity that is at the bottom of so many who have not the will to do. They have the wish to do, the potential power to do, but are always held back by the fear of "What will the people say?"

In spite of our fatuous impression that we are completely free from the superstitions of our savage forebears, we still retain many of the taboos of these ancestors. Especially true is this in the small towns and villages. Here a state of tribal inhibitions always may be found. Every little act is governed by what the neighbors will say. The individuals of the communities are kept from going their individual ways because there is a group or groups to always point out the imaginary stones or ruts ahead. If this was merely a social condition, if it affected only the progress of communities, to expose or explain it here would be a waste of

the reader's time. But it is a condition which has and is affecting the mental and physical health of many persons throughout the land, and so it is necessary to point out the causes and the remedies. No one can get out of himself or herself the powers or talents in them, until they have thrown off the fear of what people will say or think about them and their ambitions.

Nothing but exhausted nerves and a tired brain can be the result of constant repression. The man or woman who is constantly desirous of doing something worth-while but does not do it; the individual who knows he or she is living a lie because they are doing what the members of the village or community think they should do, is on the way to nervous exhaustion and physical weariness—and, incidentally, patent medicines.

Repression of normal impulses reacts upon the whole physiological system aside from its injurious mental effects. Constipation results in autointoxication. Detoxication can never be fully brought about by eliminating substances as long as the fundamental causes—the suppressed desires—exist.

still working cannot expect her recuperative powers to keep pace with her wear and tear. There is certain to be a gradual accumulation of fatigue effects and material, and in time this means a loss of curves, lack of complexion, lessened energy and jovial spirits and the showing of age.

All these woeful conditions are avoidable if the young woman will repair and store up energy every day.

No matter what your engagements are for the evening you should find an hour between your release from work and the evening pleasures in which to rest and relax.

Go to your room and take off every stitch of clothing. Rub every inch of your skin with a rough towel. Rub from the extremities upward. Lie down on your back. Bring both arms up over your head and stretch them—fingers and wrists. Let the arms fall down, resting along the sides of the body. Lift the left leg until it is at right angle to your body. In that position bend the knee upon itself. Grasp the ankle and give two or three pulls upon it so that the heel strikes the body. Repeat with the right leg.

HOW TO REST

Now stretch each leg as far as you can—alternately. Bring arms and legs at right angles to the body—all at the same time—then let them fall limp into any position they want to take or do take. Remain as limp as possible and try to think of anything which pleases you so long as the thoughts are not upon anything which occurred during your working hours. This will require a lot of mental training, but can be accomplished. The training is the very best possible brain food in these conditions.

After ten minutes in this attitude place your left hand upon the pit of the stomach—just below where the ribs divide—and press down. Not hard at first, but let the pressure be gradually applied. This is right over the solar plexus, and you want to press hard enough to know that there is a bunch of nerves there. If you press hard enough you will know it.

Release the pressure and take a deep, long breath. Hold the breath for a minute, then let it slowly out.

Go through the same pressure movement on the pit of the stomach with the right hand and repeat the breathing movement. Do this ten times. Now train yourself to breathe deeply

and slowly. It will take some days, if not weeks, to learn to do this effectively. But keep at it.

These exercises have taken about thirty minutes. For thirty minutes more lie quietly and be certain to have no thoughts which will cause a muscle to twitch or a frown to appear. Before dressing to go out, drink two glasses of water.

The woman who has been laced up all day, the middle-aged woman, the woman somewhat stout and the housekeeper who has been on her feet all day, should go through the above described exercises with the following additional details:

When each limb is at right angle to the body—the leg, for example—it should be grasped just above the ankle and tightly squeezing the hand around it, you should push the flesh ahead. That is, with pressure strokes carry the blood along the limb up to the knee. Grasp one wrist by the other hand—arm extended at right angle to the body—and go through the same stroking pressure right up to the armpit.

Repeat this exercise with all four limbs and keep up the exercise for fully ten minutes.

HOW TO REST

In learning to relax you will do well in the beginning to practice the dropping of the limbs from their extended position, the art consisting in permitting them to go their own way. You must make no conscious resistance.

In one particular way the girl and woman out in the world uses up a tremendous amount of nervous energy which she can easily save. It is the way she uses her voice. Half the nervous force she uses in speaking and calling, in expressing her feelings and opinions, could be kept in storage and brought out at times when it is really needed. All these little matters make for health, beauty and active mentality.

Whether you are using the vocal muscles in speaking or the arm muscles in shoveling coal, just so much nervous energy has to be called forth in proportion to the physical efforts. If you speak gently, quietly, you do not need that nervous output you have to call upon when you shout or excitedly vociferate your feelings. I believe one of the principal causes for telephone operators being less nervous and better poised than the average girl worker is due to the voice training they have to undergo. I do not mean voice training in the sense of elocution or sing-

ing, but the training in slow, distinct enunciation, the avoidance of excitement under the most exasperating conditions, and the ever smooth, controlled cadence. It is a training in nervous control and brain action.

The voice at all times tells of the mental and nervous state of the individual. It can be so used as to destroy any chance of obtaining a nervous reserve; it can be so used as to make for nervous strength and brain health.

The harsh voices and strident tones heard among American girls and women are evidences of injurious neglect in training them in early life in the proper use of the nose in speaking.

Incidentally, this condition accounts for some of the nervousness so frequent in girls and young women, for there is a direct relation between the olfactory bulbs—the smelling organs—and the general nervous system.

As these olfactory bulbs are situated in the upper part of the nose, any injury—and this means mucus and dust—to the membrane of the nasal passages is bound to irritate these bulbs. The wrong use of the nose in speaking—and this is almost universal in America—not

only causes this irritation, but, furthermore, is a tremendous strain upon the nervous system.

Overuse and wrong use of the voice in speaking, especially where the emotions are constantly excited, is almost always the way to bring about a state of nervous exhaustion. The breakdown may not be demonstrated in any of those forms we usually associate with nervousness, but is caused by disturbance of blood conditions.

Many mothers are affected through excited calling to their children, through a mistaken idea that loud-voiced objurgations make a good impression, through lack of patience to quietly go to the child and in a subdued tone advise and instruct. I have heard a mother calling out to her children who were in the yard and yelling at them later when they were in the attic playing, while she was standing at the foot of the stairs or at the back door. Then later on, after weeks or months of this sort of nervous expenditure, go to the doctor and ask him to give her "something for her nerves."

Nothing is so telltale of breeding and training as the tone, timbre and use of the voice—especially the female voice. Temperament, disposition and the power of attraction are

told by the nature and use of the voice in women.

The true tone of the voice is the most effective call the girl has for proper mating and universal admiration.

The nose, aside from its use to moisten the air we breathe, controls the resonators, the sounding-boards of the voice. These are closely connected with the nasal cavities.

The first thing to do in commencing to get a voice which will delight and attract is to see that all the nasal cavities are kept clean and clear of foul air. Just because this is generally neglected is why we have those unpleasant rasping nose voices which so long have stamped American men and women.

Catarrh has been blamed for this brassy and penetrating voice, but if the nasal cavities had been watched and cared for, catarrh would not be a cause.

Catarrh simply means dirt-germ accumulation—in the delicate mucous membrane and among the tiny hair-like things in the membrane, which nature placed there for the purpose of protecting the sounding-boards.

An important fact for girls and women who

wish to be healthful and beautiful to know is that clean nasal passages mean clear, bright eyes.

Another important fact to realize is that no matter how careful you are in the details of cleanliness and bathing, the soot of the cities, the thick air of subways, the mixed—fearfully mixed—atmosphere of shops and offices, and in the country the motor-stirred dirt of the roads, are the materials which get into the upper air passages and remain there unless you know how to clean out nasal passages.

Then, to avoid unaccountable nervousness in the young woman, it is absolutely necessary that the olfactory bulbs should be free from all and any irritation.

Again, these scent detectors become more or less lazy or loaf on their job when surrounded by mucus and dust. This means that you are not warned of foul air until you are filled with it and headaches, depression, general discomfort and inability to do good work are the inevitable result.

For the same reason the use of strong scents or penetrating perfumes should be avoided, because in time they lower the sensitiveness of

the olfactory bulbs. Any girl who uses musk—or any strong perfume—is on the way to extreme nervousness before she reaches thirty years of age. It is a physiological effect which does the harm, and few know or are told that quite frequently the young woman who goes to the doctor for advice for a distressing form of nervousness has innocently and ignorantly brought the trouble upon herself by the steady use of a very harmful scent stimulant.

The wise woman will surround herself only with the more delicate scents, not merely because they are usually more pleasing and show good breeding, but because they are best for her health. But the sweetest scent in all nature is that emanating from a healthy skin, clean teeth and nasal passages free from any accumulation of dust or dirt.

To commence to train the voice for speaking in tones which at once display refinement and femaleness of the highest type, one starts with the care of the nose.

After your cold plunge or sponge bath in the morning, snort out through the nose, rather forcibly, with the head bent slightly forward, the accumulations of the night. Now take a

piece of soft linen, moisten in warm water—not hot water—and twisting it into a sort of probe, gently insert up each nostril.

Standing with no tight clothing to confine the upper body, breathe slowly through the nostrils. Be sure to keep the mouth closed.¹ Fill the lungs with fresh air—not necessarily cold air. Hold your breath for twenty seconds, then let it out slowly through the nose.

Repeat this exercise eight or ten times. Go through the same procedure at night time.

These exercises clean the sounding-boards and start a fresh supply of oxygen to the tiny nerve and blood cells, so that when you properly send your words over the nasal resonators they come out clearly and tunefully. Never use a nasal spray or salt solutions of any kind. Remember this advice, and also the fact that for almost all kinds of nervousness there is a cause in your habits or ignorance of just what you are doing in little matters to use up nervous forces. Just as sure as there are causes in your habits or neglect of certain details in living and thinking, which bring you to a nervous state

¹For complete details of breathing exercises see *Breathe and Be Well*. Clode, pub.

or mental depression and inability to concentrate, there are in your body remedies for these states. Drugs, medicines, any external or internal strangers and strange things to your delicate physiologic forces, do harm. You can have a physiological rebirth just as surely as you can have a spiritual rebirth. You do not take a bottle of Soul Tonic to cure a sick conscience; neither should you take a bottle of vegetable or mineral stuff to cure a nervous headache caused by angry shouting and emotional sputterings of harsh words.

But to get back to our nose cleaning. You have only so far put the voice reproducer in a fit condition. To cultivate the voice itself requires patience and practice, but is well worth the trouble to every girl and woman; for after all has been done to make a pleasing physical appearance, if the voice is not also pleasing a girl loses much of all her other charms.

The lack of early training must be overcome and the habit of placing your tones, muscle development of throat organs, and learning to cease calling or shouting must be considered.

As an example of just what I mean: A girl in a shop who wishes to speak to another girl

will, as a rule, call to her from a distance. She will do the same on the street or during lunch hour—anywhere it is permitted. At home she will call out to her mother or yell at her brother.

No young woman who wishes to appear refined or well-bred will ever call out or use her voice so it passes beyond her intended hearer in ordinary social or business conversation.

The way to do is this: When you have something to say or tell, go slowly to the one you wish to speak to, taking a few deep breaths on the way. Then speak slowly and note the tones. Never forget that the tone and sweetness of the voice is a mark of character.

I know a young woman employed in a large department store who became extremely nervous. She commenced to lose flesh and became pale. Headaches and backaches, sore throat and a general depression were becoming a daily and dreaded condition. Her voice gave me a hint as to the trouble.

It was harsh, strident, and even in speaking to me she would shout. She was using up nervous force every minute of her life by her shouting and calling out to her friends and

comrades. To teach her how to use her voice and save energy, to get back health, I had her purchase several good phonograph records of recitations by celebrated actresses. She was to try to reproduce the tones and timbre, the accentuation, the deliberation and the calmness of these poised speakers. In two months there was a most remarkable change in her whole attitude—physically, mentally. She now seldom raises her voice above a natural tone, and speaking is no effort or strain upon the nervous system, but a real health-giving exercise.

Breathing slowly while thinking of your words dilates the nostrils and the sounding-boards send out clear, resonant words. If your ears or thoughts have received messages which bring a scowl, don't attempt to speak until you have ceased to scowl or frown—not if you want to be free from wrinkles at fifty-five years of age.

The reason is that all mean, petty, jealous or suspicious thoughts affect the tiny muscles of the face and cause a partial closing of the nostrils. This gives the words a sound as though coming from a cracked bell.

Then again, words spoken in anger or coming

in hurried breaths cause disturbance in the thyroid gland and this reacts upon the adrenal glands. Now, one brings about a change in the quality of the blood and the other in its pressure. Hence the nervous stability is affected, the tiny blood vessels in the upper voice resonators are engorged and a harsh voice results.

The human speech can be so used as to be a delight. Also it can be so abused as to be a repelling thing.

And the great difference—the big and important difference to every girl and woman—is that of the beauty of the face retained through correct voicing.

If you wish to have an attractive face which will last up to good old age, well rounded; smiling, pink lips; dimples, shapely neck, full bosom, you must use the muscles of face and throat the way nature intended them to be used—for understandable and pleasing speech.

No woman is all woman who is not subject to emotions. Now, emotions have a most powerful effect upon voice production. If you do not train yourself to control—not suppress—your emotions, then the voice in anger, fear or jealousy will run riot with your feelings and never

can you under these conditions obtain a pleasing voice or retain that facial beauty which it is your right to possess and retain.

Let your voice show your emotions, but let them be so carefully controlled that your voice never will be harsh and repellent.

This is the sort of schooling which nourishes nerves and feeds the brain.

CHAPTER V

INJURIOUS SELF-FEAR AND HOW TO DRIVE IT OUT

IF you are running a motor car over an unknown road and every small stone or little rut looms up to your imagination as danger spots; if you hold the wheel with fear always by your side, you are certain to so interrupt the smooth going of the car and engine as to finally injure them both. The sudden application of breaks, the useless changing of speeds and gears, the quick twists of steering gear and front wheels, soon put the whole car into the unreliable class.

Now, if you have sitting alongside or back of you a nervous and timid person constantly leaning over to you and cautioning or pointing out some little stone, a person who fairly sweats useless fear, your nerves are going to be affected, your self-confidence weakened, your ability to make the journey along an ordinary road decidedly lessened, and when the journey

is finally ended car, engine and driver are equally in a state of exhaustion.

Just so is it fear which prevents many men and women from going along on life's road smoothly and without injury to their running parts—nerves and brain.

It is not physical fear, not personal cowardice; not mere timidity that is at the bottom of so many who have not the will to do. They have the wish to do, the potential power to do, but are always held back by the fear of "What will the people say?"

In spite of our fatuous impression that we are completely free from the superstitions of our savage forebears, we still retain many of the taboos of these ancestors. Especially true is this in the small towns and villages. Here a state of tribal inhibitions always may be found. Every little act is governed by what the neighbors will say. The individuals of the communities are kept from going their individual ways because there is a group or groups to always point out the imaginary stones or ruts ahead. If this was merely a social condition, if it affected only the progress of communities, to expose or explain it here would be a waste of

the reader's time. But it is a condition which has and is affecting the mental and physical health of many persons throughout the land, and so it is necessary to point out the causes and the remedies. No one can get out of himself or herself the powers or talents in them, until they have thrown off the fear of what people will say or think about them and their ambitions.

Nothing but exhausted nerves and a tired brain can be the result of constant repression. The man or woman who is constantly desirous of doing something worth-while but does not do it; the individual who knows he or she is living a lie because they are doing what the members of the village or community think they should do, is on the way to nervous exhaustion and physical weariness—and, incidentally, patent medicines.

Repression of normal impulses reacts upon the whole physiological system aside from its injurious mental effects. Constipation results in autointoxication. Detoxication can never be fully brought about by eliminating substances as long as the fundamental causes—the suppressed desires—exist.

The person who wants to do but fears to do on account of community criticism is having the brakes applied as he tries to go along his safe and smooth road. There are mental jolts, physical strains; nervous energy misapplied.

I have just seen a pitiable wreck of a minister. He is only thirty-five years of age. His nerves are ragged, his mind unsettled, his physical condition bad. For ten years he has been located in a small New England town. Here he realized there was much to do in a missionary way. The town was a hive of hypocrisy. Immorality among the young people was notorious, indifference among the men of the community was a cemented thing, fear of the truth among the wives and mothers a deep-rooted and incurable state.

Every move this conscientious man made to improve matters was objected to. Each time he preached a sermon upon the necessity of taking hold of the facts and facing them brought hints and finally threats of dismissal. Discouraged, but still believing he had work to do for the benefit of humanity, he secured another pastorate.

In this new village he found things worse than in the one he had left. The men and women of this place wanted him to attend the church suppers, get up the picnics, gather the young people to mush entertainments and be a general talker of Old Testament ideas.

His will to do was so repressed that its reaction gradually brought him to be a man afraid of himself.

This case is merely an example of the injury which will certainly occur to everyone who will not put aside the fear of ignorant opinion and strike out for himself—or herself.

Remember this fact: If you have an ambition pushing you on, if you feel impulses to do that which you believe will be the best for you, if you chafe under the brakes of village or neighborhood opinion, you are on the way to nervous exhaustion, brain weariness and ultimate failure. Opinions of the crowd never should avail against your honest and innate ideas. You must help yourself in this world. Nature has so ordered it. Never can you possess a forcible brain and have the physical strength to uphold it, unless you work out your own problems.

Now let us take the case of this unfortunate

minister and see how you can take off the brakes and handle your own car—the one which has to run by the power of your will.

He had to be shown that the fault was mostly his own. He had tried to work under a fixed self-fear. He had not the courage to go ahead and defy the hypocrites. He wanted to tell them the truth, but knew he would lose his position if he did so. He feared the loss of bread and butter more than he did his nervous force and mental powers. But just here entered an element for which he was not to be blamed. He had never been told that fear of doing that which his conscience told him was the truth would wreck him—mentally and physically. He knew what the loss of a living wage meant but not what a loss of individuality meant.

So, much of what we may psychologically call cowardice was not real cowardice because he knew no other way out.

We had to start with his boyhood days in a New England town. His early instruction and schooling were the same as thousands; the same old ruts and environments which make for the fear of what “the neighbors will say.” Of an inquiring mind when he reached adoles-

cence, any questions outside the school books or the Sunday school lessons were quickly suppressed.

One day he went to the town library and asked for Haeckel's *Riddle of the Universe*. He had heard of it and some of the statements this eminent scientist made. The woman librarian said it was not a book fit for him to read and that evening informed his mother of the incident. The poor mother was shocked. "Why, what will the people say—my son turning infidel!"

Then I had him tell me of all those incidents where suppression was the moving spirit of his "education." Knowledge of self, the normal and rightful curiosity of sex life and development, the instruction he so badly needed, all in general and detail were denied him.

I showed him how fear, how the strain of having to keep to himself all those surging desires to know and act, had from the very beginning affected his mental and physical life.

"Sick headaches when he was a boy? Why, Doctor, how did you know? I had almost forgotten them. I used to have fearful attacks. They would keep me in bed for two or three

days. The doctor said they were only 'bilious attacks.' "

Yes; only "bilious attacks," due to subconscious nervous shocks, to the constant interference with a developing physiological system which either prevented the normal action of body juices or else turned them into over-activity.

With all the factors for individuality in chains; with the constant fear that he must not go outside the conventional rut of thinking or doing, he went a mental slave to the theological school and then to preach where thinking was a crime.

We went over his life again in order to show him how fear had been his ruin. Of course he needed physical attention in the way of exercise and proper food. So long had he existed upon fried meats, doughnuts, pies and cakes that it took him some time to get his stomach to digest nourishing food.

Then came the task of driving out fear and cultivating self-courage in the matter of thinking. His brain had become starved from proper mental food, his nerves exhausted from the pull upon them; for nothing will so quickly bring

about nervous exhaustion as permitting others to pull on them at one end while you are pulling on the other.

Well, we worked with him until self-confidence took the place of fear. He gained flesh and strength. Ambition was aroused and took hold of him. To return to the pulpit he knew was out of the question if he was to keep his mental and physical health. Yet the impulse to get at the social evils, at the ignorance and hypocrisy of the masses, was so powerful that he was determined to do it some way.

So he went into the newspaper field—about the only field in this country where fear of “what the neighbors will say” and hypocrisy have no soil upon which to even sprout.

He is working hard and putting in long hours. He still improves physically and mentally. He has shaken up more than one indifferent and hypocritical town and community. He is daily obtaining brain food and nerve nourishment. He does not know what nerve and brain fatigue means—only what satisfied weariness for the time means.

And right here I want to point out why news-

paper men and their kind can withstand so much pressure and constant work and not break down. Of course some do break down but seldom if ever from work—habits, careless living habits do the trick.

In spite of the fact that newspaper men and women are constantly using brain cells, the fact that they also are constantly resting them is the secret. And it is a secret which can be made very useful to every man and woman if they will profit by the explanation.

No man knows the extent of the possible brain development. All we know is that through mental application and concentration we can discover forces and elements for new ideas never before suspected. The only reason more startling revelations of this truth are not in evidence is man's incomplete control over himself. He will stop some of these new brain growths through periods of wrong living, laziness or lack of ambition.

Now, the active newspaper man may one day be obliged to look up the history of the discoveries of Egyptian papyrus, in order to prepare himself to interview some prominent scientist. From this interview he receives first-hand in-

formation in a manner which makes a lasting impression.

From the writing of his story upon this subject he will be shot off to view the wreck of a train and get some ideas regarding the cause. He is bound to receive some knowledge of mechanics during this assignment. The next day it may be a politician he has to talk with, and this gives him an insight into the motives and meanness of some men. Prize fight, murder, theater, social scandal or hospital work, all enter into his active life. If he has been sent off to look for reported submarines he will return with more knowledge of these and allied war vessels than the average educated man.

Now, do you see the point? While he may return to his desk fairly tired out with study and talk of Babylonian discoveries, his new assignment at once shuts these tired cells off from others, for he has to interview a celebrated actress, and there is no opportunity for the Babylonian cells to get to work while he is being charmed or bored by the actress. Again, these cells are put to rest as next day he goes to search for the murderer of a young girl.

So it goes. A group of brain cells here at

work, another resting, others not suspected, ready for a sudden call.

And this, or analogous work, is what I mean by saying that the food for the brain and rest for the brain is mental work so distributed that there is never complete exhaustion of any one group of cells.

Steadily working along your line of interest and ambition is necessary for any sort of accomplishment. But there must be subsidiary lines of interest in order to develop mentality and give the main shop a shutdown.

If you permit any fear of what your neighbors or enemies will say, you will fail in full accomplishment. No matter how well you do, you cannot do your best. If you fear to make enemies you will not have many. If you are conscientiously doing what you think is right and it is really worth-while what you are doing, you will have enemies; and the greater success you are demonstrating the greater number of your enemies. But these personal enemies are friends in disguise. Your only real enemy is yourself—the fear you foolishly possess.

Fear, worries; worry injures every function in the body. Worry can cause Bright's disease,

fear of ridicule will eat up the nerve cells, letting others apply brakes to your efforts will jar the brain.

While I have been on this chapter a young man of thirty-seven has interrupted me because he wanted and really needed help; needed food for his brain and nerves.

“For six months, Doctor, I have taken a pocketful of pills, pounds of stuff for the nerves, all kinds of dieting have been tried upon me, and I have reached the limit of endurance and patience. I went to a place where they repair men through fresh air and exercise. I did receive much benefit from this treatment—physical benefit; but my mental and nervous state worries me.”

He was a successful business man in every way. That is, he held a somewhat responsible position with a good salary. His work was so regulated it could go along for weeks without close personal attention, and this fact had kept his mental and nervous state from being known to his business acquaintances. But, as he said, he had reached his limit—what could be done for him?

As his case is so typical in its general aspects

of thousands of men in this country, I consider its lessons of value to all who will read into it the fact that there is always a way out of these troubles.

This man had, a year before he broke down, quite a little fortune. He speculated and lost it all. Although he says the loss did not bother him, it undoubtedly did in a general teasing way; sufficient to cause loss of sleep and produce anxiety. He had been married only a year or so before his financial loss, and concerning his speculation and its final unlucky termination he had told his wife absolutely nothing.

Remember that his salary was sufficient to keep up the accustomed living expenses and permit of the usual pleasures of this couple; hence the wife had no cause for suspicion that all was not well. That is, at first. But her husband's physical condition and mental state could not be hidden from her, so came the hoary old explanation—business worries due to the war-time conditions.

The whole trouble with this young man started when he feared to tell his wife of his losses. He feared her blame, her loss of confidence. Oh well, he was just a moral coward.

But don't overlook the fact that the psychic excitement of speculating, bringing with it a daily disturbance of physiologic functions, hurried midday luncheons and a "pick-me-up," his mind at night ever on the same track of hope or switching to the sidetrack of despair and off again, kept his ductless glands overactive, causing a high blood pressure, or else overstimulation, all of which finally brought about a state of autointoxication.

We all know that the man who is always under the influence of alcohol even to a mild extent soon loses his self-confidence, is in fact a moral coward. He hesitates, procrastinates; fears to face the facts and see the truth. Such a man never can be true to himself; and the person who cannot be true to himself cannot be true to others.

So our young man was primarily too cowardly to confide in his wife through the influence of intoxicating material manufactured in his own body.

This form of intoxication of course aided and abetted his attitude of repression—keeping everything to himself. He had this factor always working for his mental and nervous un-

doing, for the repression worked inwardly and kept gnawing at his weakening energies.

You can now see why in these kinds of nervous fatigues and mental upsets all or any form of drugs and medicines only do harm instead of curing. It is the stored-up psychic products of repression, plus the accumulated by-products of the body's poison, which must be cleaned out before any cure can be brought about.

To make a clean breast of it to his wife was the first form of treatment, and so certain I was that he would make matters worse by getting some "Dutch courage" before approaching her, that I went direct to her with him.

Oh, what a change came over him when his good little wife took the whole matter as a sort of joke! "Why! If only you had told me in the first place, Jack, just see how much misery you could have saved yourself! I knew *something* was wrong—you were so restless at night, and many times have I lain awake listening to your groans and sighs. But you always shut me off when I tried to ask you what was the matter,—you merely said it was worry over the fact that the mills could not turn out your

orders on time, and a lot of other tales of the kind."

Well, we relieved that pressure of repression. It acted upon him in about the same manner as the opening of a big abscess acts upon the general feeling of the man who has been suffering physical pain for days.

That night he slept. His brain received some food—cell repair. But of course there were still the effects of body poisons as well as those of the drugs to be corrected, and now that he understood the whole matter this was a simple procedure.

I write this concluding paragraph three weeks later than the opening in order to state that this man, once on the verge of despair to the point of self-destruction, is now mentally in better condition than ever in his life and gaining physically.

I say better mentally because the lesson has resulted in his starting to put into activity some new groups of brain cells, so that when the day's work is over they can rest and repair. His wife is the means of aiding in this new work. She is an educated woman of normal instincts; not a scholastic female. She knows the sort of

reading which will interest and develop her husband's mind. She realizes, as he is coming to realize, that his year of horrors was really the best thing that could have happened to him. Without it never could he have been brought to understand the value of having a mental development which could be so under control that when overfatigue came he could rest and repair by shutting off at once its cause, and starting into activity another or other group of brain cells.

CHAPTER VI

DOMESTIC DRUDGERY AND BODY FATIGUE

NOTHING in the life of the average American wife and mother ages her so quickly as monotony. The farmer's wife, the wife of the country merchant and all those women who have to live in small towns or isolated districts are mentally fatigued and nervously exhausted by the time they reach fifty years of age.

Such conditions are all wrong. A wife and mother should commence to enjoy life and her children and be free from physical or nervous troubles as she approaches middle age. The many years which should follow the years of labor and stress ought to be years of relaxation, pleasure and just enough work to keep mind and body in a state of health.

What we generally find in these women is a chronic state of overfatigue. Frequently this fatigue has gone on to the aching point. Every

muscle in the body seems at times to be stressed to the nagging condition.

Backache is merely a symptom of the strain the nervous system has been on while holding upright the body at times it should have rest in the sitting or lying position. Man has only lately, as evolution goes, assumed the upright position, and it is a constant strain upon the powerful back muscles to maintain the upstanding position. Also it involves a strain upon the abdominal muscles, and this in young women is often the cause for invalidism of an embarrassing nature. In attempting to relieve these strains there comes a tremendous pull upon the calves of the legs. From the group of muscles in this part of the leg tendons or sinews run down to and support the arch of the foot.

When these tendons have been overstrained to the breaking point day after day, they gradually yield to the excessive pull and the arch of the foot falls. Now goes out all that elasticity and spring of the foot which makes walking a pleasure. But this is not the great effect of a fallen arch. The great effect is that of the loss of mental buoyancy, the depressed feeling the condition brings to the girl or woman; the lack of

endurance, the torture of having lost the joy of walking, dancing and romping.

In one respect our so-called democracy has worked evil for many women and girls. It has caused a state of fatigue and often injury to their bodies. This fatigue is a chronic condition where fatigue products are steadily pouring into the blood. The almost universal distress among women in rural and suburban districts may be realized by reading the advertisements of the patent medicine makers.

The average American girl is brought up through her schooldays as though there was a surety of her marrying so as never to have to labor. It is expected that she will rise above her family circumstances, and be so situated that lifting a pail of water will be an unthinkable act.

While the ambition to rise socially and financially is a creditable ambition, we should look the facts in the face and realize that no matter what the future holds for the girl she should have such a training as to fit her for whatever comes.

The reason for these remarks is that I have seen many, many young wives completely broken down because they went directly from a

life of mere social pleasure to that of household activity. Never having had such training as would strengthen abdominal muscles and develop the abdominal walls, lifting, carrying, standing all day, soon caused conditions which mean only misery to every woman.

No thought in school or home that a certain amount of exercise was necessary to develop and strengthen the girl for the work of wife and mother ever seems to find a place. Then again, the sudden jump from a care-free life to one of intense monotony plays the deuce with the character of the girl aside from the physical distress. It is the daily grind, the steady wear and tear upon a certain group of brain cells, with no relief as time goes on, which brings about a wearied body and indifferent mind in the woman of the rural districts. The woman does her work far into the night ever thinking, "What shall we have for tomorrow's dinner?" Her husband may have been sitting on the hay-rake all day or on a chair in his store. He may be driving around attending to his business, talking with men and women of the affairs of the day, or he may be at the carpenter's bench. But the wife gets up early in the morning and

once on her feet scarcely finds the time to sit down to eat a digestible meal.

Oh, how her back aches, her limbs tremble, her constipation distresses! What's the use of complaining? It only makes matters worse, and so she goes through her devastating work unrelieved of its monotony, her mind never having a refreshing thought nor offered stimulating ideas from the outside world.

In the *Kama Soutra*—the Brahmins' book of the Laws of Love—there are sixty-four arts or acquirements which must be mastered by every girl who wishes to be a healthy and happy wife. Many refer to and deal with the care of the physical attributes of the body necessary to attract and hold a husband. These are not applicable to the girls of our civilization, nor would it be advisable or is it necessary to know of them. However, as showing that the Orientals recognized the value and necessity of having their young women taught arts which would relieve the monotony of domestic life, I give a few of them here. Many are, in their general application, well known to our women and girls, but many really of use as brain food are scorned by the women of today.

The fact is that what the backaching woman today needs is a homeopathic dose of feminism as well as some true feminine relief from her awful household drudgery. She needs the dose of feminism to back her up in demanding a day or two off from her intense labors, to give her courage to sit down once in a while and keep mentally fresh, as well as to possess the right for periods of complete relaxation.

But to get to our arts of being happy and well though married.

1. The girl should learn to sing in a soothing and pleasing voice.

2. To play a musical instrument.

3. To dance.

4. To combine these three arts so as to please her husband.

5. To write verses and draw.

6. To tattoo her body.

7. To arrange beds and couches with flowers and perfumes.

8. To arrange her hair, color her teeth, manicure her finger and toe nails.

9. To arrange flowers, vases, rugs, so that colors bring pleasure to the eyes and perfumes to the senses.

10. To distil perfumes from flowers.

11. To arrange jewels according to their value.

12. To prepare the different kinds of meals according to seasons and sexes.

13. To distil and make pleasing drinks, sorbets, liquor extracts, spirits, and serve them to men.

14. To so exercise as to develop an attractive body, keep health and husband.

15. To read characters by observing the language and deportment of men.

While many of these admonitions and instructions will bring a smile from the reader, she must not forget that the men who wrote them had but one purpose—to relieve the monotony of their women's lives—just the one thought which is absent from minds of most husbands in this land.

Even if you have reached the age where you feel always tired, where the mind is so fatigued at night that you cannot read the news of the day, you need not be discouraged. Even if your back aches so you feel a good cry would be a relief, or your tired feet are swollen and feel as though they were treading upon hot iron,

there is a way out for you. But it will take a little effort on your part. You must have a determination to get your right to health—then get it.

First get into your tired mind the fact that something about the house must be neglected. Of course you will say that nothing can be neglected. Very well, but a mighty poor, an untruthful statement. Which need the most care—your windows or your body? “But the windows are so dirty, I am ashamed of them,” I hear you say. Fear, fear of neighbors’ remarks! But the inside of your aching body is also dirty—it needs cleaning. And the neighbors will remark about that also; say how tired you look—“poor woman, all worked out!” Never mind what they say about your body or windows, clean the body for your own sake and for those whom you love.

When you get up in the morning do not drink a cup of coffee or tea. Take a sponge bath and a good rub. Then drink two glasses of water. Now to breakfast. Coffee if you wish, with very little sugar. Fruit, cereal and then almost anything you relish except fried things. Pie, doughnuts, pickles, cake; pastry of all kinds are

unfit foods. Eggs are really the best for the woman who can eat them.

Sit down to breakfast and remain there thirty minutes. Can't do it? Well then, there is no use in going further in pointing out to you what to do in getting a rested body, rounded curves, pleasing complexion, contented mind.

But of course you can sit down to your meals and remain a decently long time. Let your husband wait upon himself. He sits down to much of his work whatever its nature. Your morning's duties mostly done—mostly, I say, because you never would admit they were all done—go to your room, loosen your clothes, and lie down for thirty minutes. If you do not feel just like stretching yourself on the lounge or bed, sit in a chair and read the morning paper. Don't let your husband possess all the knowledge of the day, even if you permit him to think he does.

Write out and pin to your mirror these injunctions: "In order to regain health and keep it I must let some room or window look sick. If I want to have strong nerves and a rested body I must learn the first law of body-keeping—NEGLECT THOSE LITTLE UNESSENTIALS OF HOUSEKEEPING WHICH HAVE ENSLAVED ME."

Nobody but neighbors with broken-down nerves will ever notice an unswept room—everybody with normal eyesight will notice a woman who does not sweep her mind and body of the cobwebs of monotony.

If you have a husband who had rather see you chronically tired and ageing long before your time than see a cold dinner or have you resting and letting the baking go, get rid of him. There is very little difference between such a man and one who will beat his wife. Only, in most cases of the former kind it is sheer ignorance and lack of understanding which is the cause of his attitude.

This kind of a man is generally reasonable when the matter is explained to him. But the deplorable influences of your and his grandparents, parents and community ruts are difficult to overcome.

You do not need a doctor or medicine to make you over into a well and active-thinking woman. You need that factor in you which is always there—determination to take as good or better care of yourself as you have of your household.

If a few women in every rural or suburban

community would get together and strike for two free days in the week, the health and happiness resulting would soon teach the thousands of overworked housekeepers to do likewise.

Establish a place where you can go alone or with your family and have your dinner twice a week. Have a cook who takes full charge and will not divulge what you are to eat, for the one outstanding cause for poor appetites in the average housekeeper is the sight, odor, preparation and worry over meals.

Ten or more families can support such a place and the cost will not be any more than the same meal prepared at home.

Something of this kind of relaxation is needed by every wife and mother. It is just sufficient release from drudgery to aid in keeping the health of the wife and not enough departure to lead to any interruption of family life.

Upon the first symptoms of backache go to your room and relax. Drop everything for the time being. There is no other way out. Any other way means being carried out for good—long before your time. Try to supplant gossip by reading. Avoid as much as possible those who will run in and tell you of their aches and

pains, or of the aches and pains of others. Gossip, the curse of rural communities, is a brain poison and not a brain food.

If you are afraid that the neighbors will gossip should you feel the necessity of relaxing three times a day, let them gossip. Tell them you no longer intend to be "all tired out," but intend to be a well woman.

The condition and care of the hair affects the nervous system of all women. Every woman knows how a headache will be relieved by massage of the scalp, and what a feeling of ease and quietude follows a good washing and drying of the hair.

There is a direct connection between the health of a woman and the condition of her hair. Women of a hysterical nature have abundant hair, thick and of fine texture. The anæmic, "tired out" woman will have thin hair, generally splitting at the end, and her scalp will hold a lot of dandruff.

This latter state is mostly due to the woman's lassitude and her inability to get the strength or ambition to care for her hair and scalp.

The food for the hair is the food you take for general health. There is no hair tonic or

growth promoter except good health and a balanced nervous system.

There is a lot of nervous energy expended upon the hair. The tiny blood vessels which nourish the roots have to be attended to by the tiny nerves so as to keep the blood supply up to its work; the oil glands and sweat glands also depend upon their nerves for their health.

No woman can be in good health who neglects her hair. She should take an afternoon once a week for its toilet. Brush it with a fairly stiff brush until every strand has been gone over. Then rub the scalp with the same brush. Sit in a low chair and let the hair drop over its back. Now take a few strands in your hand and carefully but caressingly pass over each strand a piece of silk. That is, from the roots to the ends polish the hair with a piece of silk.

This latter detail of the hair toilet is very important if you are a brunette, for it brings out the sheen and gloss of the dark hair.

Do not wash your hair in soap very often unless you have been where dirt and dust have been flying.

Nervous conditions of all sorts are only signs put out by the nerve cells that they are tired or

poisoned. It matters very little whether it is an aching back, aching head, inability to sleep or fretfulness and faultfinding. The fault is somewhere in the nerves themselves or in the higher brain centers.

If you have a headache and have a heavy head of hair which has been up all day, or it is at night after dancing, take down your hair and give it a good shake in fresh air. Then slowly brush it for ten minutes. You will be surprised at the relief you receive.

Don't rush from the kitchen and, giving your hair a few comb pulls, toss it up into shape, pin on a hat and start out. It is a nervous affair, is the hair, and needs decent treatment. It will resent any such neglect just as much as the stomach would when you stand up and bite a piece of cake and swallow a cup of tea or coffee, trying to fool it by saying, "Oh, that's all I want—I'm in a hurry!" And when you come home tired out you wonder why your head throbs so.

Many headaches called "nervous headaches" are due to want of care of the feet. No matter if your boots are well-fitting and you think they do not pinch, they should be taken off when you

return from a walk, and shoes put on. Every woman wants to be well dressed in footwear. She should be, for nothing so quickly tells of the breeding, taste and culture as the kind of boots and shoes she wears and the way she wears them.

But however she may wear her boots, they will press upon some little blood vessel or nerve. Not so you notice it, but enough for the nerve to send word to headquarters that it needs a rest. Feet which have been on hard floors all day, or upon the pavements while walking, need a rest. The only way they can get the proper nerve rest is to have them placed in new and comfortable surroundings—shoes or loose slippers. Taking off boots and stockings, place the feet upon a chair and gently rub from the toes to the ankles. Then let them rest in a fresh pair of stockings and shoes or slippers, and if you had any slight headache or a feeling of pressure around the forehead, it will disappear.

Ill-fitting corsets will cause a peculiar sort of nervousness. There is a feeling of “goneness” in the stomach, a “fidgety” feeling which makes you want to be on the move every minute. If you are where you ought to be still—concert, for

instance—you feel as though you “would fly out of your skin.” The more you try to control yourself the worse you feel, and finally in desperation you get to your room and remove the cause of the trouble. But you do not really know the cause—the corset pressing over the solar plexus—only that you know you feel better when free from all clothes.

A similar form of nervousness is caused by wearing tight collars or any tight neckwear; also this will prevent a proper supply of blood to the cheeks, which means in time starved cheeks, a pale and muddy complexion.

Much brain fatigue in women comes from imitation. As I have pointed out, brain food is best obtained by having a variety of things to do and developing new thoughts while doing them. A woman sees another with the latest style of coat. She also must have one like it. So off she goes at the first opportunity to secure one. It is the same whether it is a skirt or hat, lamp or lorgnette. From the moment she saw something another woman of her class possessed, her mind has dwelt upon that one thing. Hence the brain in a way becomes fatigued. This is one reason why a woman, when she has shopped

all day to get an exact duplicate, finds upon her return home that it does not suit her—she wants to go back and exchange it.

Now, if the thing she saw stimulated her mind to think of what improvement upon it she could make; how much better it would look in another or other colors; how becoming it would appear if shaped somewhat differently; the woman's brain would receive food and not fatigue. In other words, create, originate, if you want a brain which grows. Imitate without thinking if you want a brain which easily tires.

Many women suffer from headaches and a general feeling of an unstrung nervous system due to too constant standing over the heat of stove or range. There is no doubt but what this state of affairs makes for many uncomfortable hours in homes which otherwise would be at peace.

There are certain temperaments and certain physiological states which cannot be denied. To say, "Oh, you'll soon get accustomed to it," is about as valuable as the hoary advice always given to the worrying one: "There is nothing the matter with you but worry; stop worrying and you will be all right." One might with

just as much reason and sense say to the unfortunate epileptic, "There is nothing the matter with you except the fits; just stop having the fits and you will be all right!"

The woman who always has headaches and whose eyes are affected after being over a cooking stove or range is under a nervous strain which will ultimately injure her. She is pulling out just so much nervous capital and while young may go on and keep up the strain. But the time will come when she will find all ordinary and necessary work not only hardship but that form of killing labor which brings disgust of life and a desire to get out of it. A home with the wife and mother a nervous bankrupt is far quicker broken up than one where the father and husband has lost his position, salary and capital. There are hope, determination, the grand opportunities open to all when viewed through the eyes of perfect health, but the nervously exhausted woman sees black and throws a somber atmosphere over all and everything around her.

The woman who is really living on her nerves while struggling to do what she believes to be her duty over the cooking range will be found

to have other traits and qualities which given opportunity to express themselves will be of far greater value to home and husband than she is as a cook. It is a personal problem which must be settled by the loving understanding of the husband. Some men cannot stand indoor application of a confining nature, and take up more congenial and health-giving work.

Not all young women can be taken from a life of fresh air and hours of freedom and put into a small room to stand over the hot fumes of range and dish water.

For those who cannot at once find a way out, if they will wear dark colored glasses while cooking much of the headache and eye weariness may be avoided. Some will find that these glasses will take all of the strain off; others that they will be only a temporary relief.

The care of the nervous system and the food for the brain is, as you now see, almost a personal matter—that is, you have to understand just what sort of treatment nerves and brain need and can stand, and adjust your habits of work and thoughts accordingly.

CHAPTER VII

CLEANING THE BRAIN FOR NEW THOUGHTS

It is reported that one reason for the continued efficiency of the big guns used by the German artillerists is the training the men have had in caring for these guns. They have been shown and instructed in the causes of the rapid decline in power and distance of the big cannon and howitzers—accumulation of dirt and gas by-products in breech and barrel.

After shooting a few times, unless the gun is thoroughly cleaned, cooled and rested while another is taking its place, it will not only fail to send its devastating shell the allotted distance, but will frequently explode at breech or tear asunder the muzzle. Lacking pre-war training in this important branch of gunnery, the Allies have lost many of their big guns. Attempting to fire them constantly, without thorough cleaning and without rest, expecting them to keep useful after accumulation of work by-products

have choked them, the guns have exploded or otherwise been put out of use.

A man's brain will act in a similar manner if kept constantly on the firing-line, shooting thoughts or propelling ideas without intervals for rest and periods of cleaning. The mental breakdowns, the morbid ideas, the soot resulting from constant dwelling on one thing—business affairs, for example—are the effects of explosions of overused brain cells.

One of the effects of neglecting to clean the brain at certain intervals of mental application is the morbid fear of losing the job.

I say job instead of position, for most men who have neglected the care of their brains still have a job; those who have understood the necessity of cleaning and resting their brains hold positions.

The man who has reached forty years of age and been employed most of his years with one firm or business house, and who still holds a fair job with a living salary, but sees little prospect of obtaining a good position, is one who has spent more time worrying about the future than he has put in in caring for his brain.

Now, I might reiterate the old, rust-eaten

advice, by saying that if this man—and all of his kind—would stop worrying about his future, if he would get rid of his fear, he would forge ahead, leave his job and obtain a position. To tell him again that worry only increases the trouble, that worry fills and chokes up brain channels and this injurious circle of inhibition will hold him within its confines, is only to repeat what he knows.

What such men want to know, what they absolutely must know and understand if they are to progress instead of going backward, is how to stop or prevent worrying. This is the essential and saving knowledge.

The whole trouble lies back in some physiologic fault or disturbance. This of course has brought about a psychic state complicating matters and we find the one dominant idea ruling—fear of losing salary, and “what will become of my family?”

This I find in many men of big mental caliber but of rusty and sooty mental barrels. They started wrong. Too many started to make money at an age when they should have been making physical strength and gathering self-confidence. They entered employment as boys

impressed by teachers of romantic ideas and mothers of passive experience, that explicit obedience to superiors and close application to their duties was the way to promotion and success.

Such advice in its broad application is all very well; but given to a boy of unformed habits of thinking and one who has not reached the initiative age, he soon falls into the rut of just doing and not thinking.

He does the thing he is told to do in the way he is told to do it. He fears to suggest a new way or to try one; and as the years go on we find him mentally an automatic worker with the fear now that his place will be filled with another and younger man.

Quite frequently he will have for a wife one of the same mental material. She also fears; fears for the future of her children, of their home; and the talk in the evening is not of the important affairs of the day, but of their fears.

"Oh, John, do you really think you'll lose your position?" It is always "position" to her. "What will become of us all? Harry is too young to go to work, and Mary—oh, I can't

bear to think of it! John, do you think it would do any good if I went to see Mr. Robinson?"

That is the kind of mental cleaning John gets from morning to night, and during the night he stores up further clogs for clear thinking by restless sleep or verbal admonitions from his worried wife.

And all this time down at the office there is no thought or idea of discharging John. No, nor any idea of promoting him, for he is in a rut and as a thinking machine is of no value to his firm. Yet at forty years of age he can get out of the rut and become a force and power to any business house. Only he does not know it and his employers do not believe it.

How can he do it? Perhaps a case or two I have just handled will let in the light.

S. did not like school and at fourteen years of age wanted to earn money. Now, get this distinctly in your mind. He wanted to earn money. He had no particular choice or idea of what kind or sort of work he wanted to do—did not care so long as it brought money. His father could well have afforded to have had him trained and fitted for something—trade or profession. But like most American fathers, in-

stead of taking up the matter and seeing just what the boy was fitted for and keeping him where he would be fitted, he went the way of the least resistance and said, "If the boy won't go to school, let him go to work." There you are, and there the boy was!

He went with a mercantile house where chemists were employed and where there always were openings for trained youths in foreign capitals.

From office boy to clerk, from a clerkship to head bookkeeper. He had held this latter job for sixteen years when he came to me a worried, thin, pitiable man of thirty-eight years of age.

He had seen younger men go up and pass him. Seen youths come into the office and in five years become managers and big-salaried men. Yet he still was kept in the same old rut, and it had worn him down. Oh yes, he understood the value of training, and had no feeling of injustice or jealousy toward anyone in the office.

"But, Doctor, I've lost my grip, my courage, self-confidence. I know they see it at the office, and of course I'll lose my job. My wife tells me not to worry; that I am overworried; that everything will come out all right,"—lucky man

to have such a wife,—“but I cannot see it. What worries me most is my inability to concentrate upon anything. The fear of what will certainly happen is always with me. Don't tell me not to worry. I have been told that so many times I never want to see another doctor.”

Every man who has been or is in this condition need not be told any more about his feelings; and those who are not cannot understand—so we will get down to the way this man got out.

Of course you can see where the original fault lies, but it would have been cruel to hammer that into the helpless man; and it would not help others to philosophize upon it.

“Go to your employers and tell them you need a long vacation. This is the first lesson you must take. It means the hardest lesson you will have. It is the first cleaning out of your clogged brain. You fear they will tell you that if you feel that way you need not return to work. Face the fear and strengthen your character. If you have been faithful in your work for over twenty years and your employers cannot see that a long vacation taken under the advice of a physician means greater benefit to

them when you return fit to face the world—you are not now so fit—then get out for good, and get out at once.

“A man in your condition at thirty-eight years of age cannot get any position of stability. A man of your age in the condition you ought to be and can be can get a better job—get a position—at any time.

“You cannot see it, of course. You are mentally so clogged you could not see the sunshine if it was thrown into your eyes.

“Here is the proposition: You are poisoned by the poisons of your body. Your mind needs cleaning as well as your body. Your fear keeps you from relaxing the mind, your morbid physical state from enjoying the benefits of exercise and fresh air. You have become a miser. You have falsely economized by eating tinned stuff instead of fresh food. You and your otherwise sensible wife have been storing up for the day you get your last pay envelope.

“You are going to take some of that money out of the savings bank—all if necessary—and start a new mental and physical life. You are going to return in a year laughing at fear, head up, self-confidence oozing from every pore and

determination stamped upon your face. I am going to show you how.

“Now for the first lesson. Go to the office and request a year’s vacation. Tell them at the office that it is as much for their good as for yours. Say you want to get off the stool and stand upon your feet.

“If they offer objections simply say you regret it, but you no longer intend to hold a job but a position. You realize that in your present condition and lack of training you are only fit for a job, but that you intend to change all that.”

He came back the next day looking more depressed than ever and the fear of self still holding him down. I went at it again, but finally concluded that the first start alone was too much for him. So I accompanied him as far as the office door and, pounding the facts into him, shoved him into his employers’ office.

He was better for the ordeal. It had for the moment taken his mind off himself. No, they would not promise to hold his stool for him. Oh yes, they would be glad to see him upon his return and probably might find a place for him. The first gleam of an imbedded self-confidence

showed itself when he told them he did not want his old job back—he wanted a position where he could prove his usefulness or uselessness.

I first sent him up into the woods with rod and gun. Here under explicit directions his wife saw to it that he had a good cleaning out from the physical side. I placed him in a community of rational sportsmen and men who talked of almost everything but cash, sales and commerce.

He was getting new brain food, rest for his nerves and proper food for his body. And the best of all signs, enjoying and digesting the different kinds of food.

Being physically fit I sent the man and wife on a sea voyage to South America. Before he started he said: "We shall need more money—to hang with the future! I am going to have a good blowout for once in my life. If I can't make it up—well, I'm no good. But I can, I know it!"

The travel brought desire to read of the countries he visited. From this to studying the resources and opportunities of the lands was a simple and normal process. He met men of other minds and ambitions. He felt the health

and buoyancy of youth. He looked it, and this was a big asset. At the end of the year he had scores of newly developed brain cells, and returned to his old employers with initiative and self-confidence. He did not mention his old job, but pointed out where new business could be had and how to get it.

He now has a large salary as manager of South American sales. He puts money away for his children, is going to see that his son is fitted for something in this world, and twice a year he and his wife go away and see that all the by-products of his shooting brain are cleaned out and this brain rested by taking up things and matters foreign to his vocation.

There is a form of brain stagnation and unit development which, while not very common in this country, can be very annoying and socially injurious. It takes the form of fear of loss of property.

Judicious care of property, the oversight of man's possessions to protect and preserve, is a normal and necessary attribute of animal and human existence. The constant fear and suspicion of others, the night and day worries, the mind upon nothing but how to keep others from

getting the slightest benefit of one's fortune, the secretiveness and falsehoods such a mental attitude develops, are certain signs of mental starvation.

When this acquisitiveness goes over the border line and the fear goes to the extent of keeping the wealth where it may be seen and counted daily, where every cent is counted and saved to the exclusion of buying soap or paying for laundry, where in fact the whole existence of the individual is one of anti-social conduct, we have the miser. Now, the mental state of the true miser is a diseased state just as much as though he was suffering from paresis or any other organic destruction of brain cells.

But we are not dealing with diseases, only with those who are made unfit, restless and miserable from exhausted conditions which can be corrected.

While the following example of a foolish man and a wise woman scarcely comes under the head of our lessons, it is given to show how many kinds of brain food and nourishment are to be found, and how when given may remake a man.

F. was the only son of a very rich man. He

was twenty-seven years of age and possessed of several millions. His father had brought him up in almost mean conditions. His one sole idea, carried out to the injurious extreme, was to teach his son economy. Instead he developed just one brain center in the lad—the morbid impulse to save every penny and live in a niggardly and unhygienic manner.

The father would take the lad downtown—this was in New York—to some side street where second-hand clothing would be brought. The same in the matter of shoes and all clothing. He went to a public school in the poor districts, but was taken away from a high school the first year because the miserly father would not pay for what he called ruinously extravagant fads and follies of the pupils.

So at twenty-seven years of age we have a most miserable specimen of humanity. A young man who lived at a cheap hotel and who tramped miles to get an overcoat two dollars cheaper than he could uptown. There was nothing in his thoughts but saving money. When he wanted medical advice he went to the free clinics and waited with the poor and unfortunate. He would have resented being called a

robber; but in this and various other ways he did rob the poor.

He finally became a nervous, self-fearing person and the doctors asked him about his family—especially if there was any insanity in the family. The incomplete man, as he really was, became frightened as these and other leading questions were bluntly put to him—his mother had died in a cheap institution really from lack of food during her life with the miser.

So we discovered who the young man was and laid down the law. It was some time before he could decide which was the thing to do—save all medical expense and go to a hospital for paupers, or take a few dollars of his millions and be treated properly and be made a well man.

Once as a young student I pulled a huge molar from a negro who came into the clinic while the dentists were away. I had never pulled a tooth, but I had tremendous confidence in my muscular power. My confidence was not misplaced, but if ever an African turned pale, yelled when the hoodoo doctor called him, and disappeared as did my patience, it must have been a remarkable sight.

But when we told this young millionaire what he must do and what would be the cost, his mental squirming and facial expression showed me there was a far more penetrating and agonizing pain than that produced by my tooth-pulling work.

He went to a high-class sanitarium after understanding that should he again try to rob the poor by taking up our time which belonged to the poor, or went to a charitable institution or hospital, we would expose him all over the land; then charge him heavily, and legally put him in the most expensive place we could find.

At the sanitarium he met a nurse of excellent family and exquisite manners. She was highly cultivated, traveled, of normal instincts.

There came a sudden awakening of the young man's suppressed forces and mentality. He was not inherently abnormal, though his father's training had made him appear so. He had been mentally starved, allowed no brain food except the raw extracts of penury and the stale waters of self-deprivation.

He did not know that such mental food as literature, painting, music or conversation existed. Even the sunlight which shone on the

closed porches was a revelation to him. Of course a light had penetrated his heart which might account for appreciating the sunlight.

The young woman was the proper surgeon for this young man. She opened his brain, fed the starved cells, rested and soothed the nerves.

The cure did not take long. They were married and went to Europe, taking the most expensive suite on the steamer. Now he is a man whose brain is well fed and whose nerves do not tremble from the fear that he will lose a penny by buying at first-class shops. He has developed quite a musical talent and is devoting himself to music. He supports poor students and really is of value to society.

The lesson to draw from this unique case is that the cure for a penurious man and starved brain individual is a brilliant woman. She must be given in full allopathic doses and repeated until the cure is effected.

CHAPTER VIII

HOW TO PREVENT NERVOUSNESS IN CHILDREN

WHENEVER I hear a mother remark, "But my daughter is such a nervous child I often overlook her little fits of temper," I wonder who will be so lenient when this child reaches womanhood.

We have all been under a wrong impression regarding the nervous stability and mental activities of the child. Children between three and ten years of age in both sexes are in fact a bundle of unregulated nerves and highly sensitive brain cells. What has misled us in the treatment and understanding of the child's psychic development are the subjective influences, whose effects we have not realized because we have so long been accustomed to view such matters from our adult experiences where the objective effects are recognized.

If you possess the normal tone and hearing sense, any discord of musical notes affects you

disagreeably. You shudder, grate your teeth or flee the nerve-disturbing disharmony. If you are brought into a room where there is disharmony in colors, where the chromatic tones shoot painful rays to your optic centers, you instinctively receive a nervous shock. This shock may be very slight and pass from your conscious memory; it may be so strong, in those of pronounced artistic nature, as to leave an impression which will last for some time.

The awful contrast of colors seen upon some women from hat to boots will cause you to instinctively turn and get another look at the polychromatic exhibition. The little episode has produced some kind of a jolt to your nerves and, while you do not realize it, has left its effect. In the normally developed nervous system it is probable that the effects are soon counteracted by other attractions of a pleasing nature. As an adult you can avoid or forget the unpleasant sight by the many little things which occupy your brain cells during the day or night.

I was a guest for several days at the home of a young married pair whose house generally was filled with young and lively people. They had a little daughter about four years of age—a

charming little girl, sprightly, overflowing with the joy of health and absolutely free from any inheritance which would make for nervous instability.

Her parents, especially the mother, were of artistic natures, musical and colorful. Everything in the house from the kitchen to the little girl's bedroom was pleasing to the eye—not a false note could be noticed. One evening there was dancing and general jollification. The whole house resounded with merriment and harmony. Someone remarked to the hostess, "Won't we wake up baby?"

"Never!" she replied. "Cecile is accustomed to it; she sleeps like a top through all the noise we make; she never seems to notice it."

Upstairs to the child's room went several young women to put on their wraps and overshoes prior to departure. I asked permission on some plausible excuse to go into the room, and being somewhat of a privileged character in these matters, I sat down by the child's bed.

She was, as the mother had stated, apparently undisturbed by all the talk and laughter. But observing closely I noticed that while she was unconsciously unaware of the noise, subcon-

sciously her little nerves were receiving disagreeable messages. Her sweet little mouth twitched when an unusual peal of laughter broke out. One of the girls had a harsh voice, the only break in the harmonious tones of the company. When she called out to one of her friends I saw the little child toss her head and turn over as though trying to avoid the disturbing tones. I stayed some time with the child after the young women had left, and noticed that it took some minutes for her to rest calmly and sleep quietly.

I had a pup whose mother was a very highly bred dog—too highly bred for use in the field, she was so nervous and sensitive. The first summer he enjoyed life we were camping near a village whose one church had a cracked bell which was rung upon the slightest excuse. A brush fire at night, the departure of a bridal couple, calls to prayer meetings, Sunday school, church, oyster suppers, and when the youths wanted to be “village cut-ups,” were excuses for sending out the chilling tones of the raucous bell.

It was too much for the nerves of the pup. If he was sound asleep he would moan, shiver

and shake. Then he would wake up, sneak out to the woods and render the most mournful and pitiable sounds which ever came from a nervously disturbed dog. The conditions of his puppyhood ruined that dog. He was always listening for some slight noise. The sound of a locomotive whistle, the noise of a gun, the horn of an automobile, the music from a phonograph, sent him to cover, where he would remain shaking for an hour.

The millions of brain and nerve cells remaining dormant while developing in the child may not to our casual observation require the most careful treatment. But very recent studies and research show that in this matter of keeping the sensitive but inactive nerves and brain stuff free from external shocks of all kinds lies the surety of bringing to maturity in full strength the potentialities of the individual.

A child is always living a dual life, psychologically speaking. There is the purely physical where play, sleep and objective learning make up its life as we see it. There is the subjective or subconscious life where all the elements which in later life make for thinking, reasoning, doing, will-power, judgment, morality

and sexuality lie awaiting their awaking. There are color centers, tone group cells, cells where sleep the inherent sense of right and wrong, individual tastes and individual character, all in the making. Over these higher centers of man's development the child has no controlling interest or power. They are, nevertheless, affected and controlled by its environment, through the examples of the grown people around it, by color associations and voice meanings, by words of impatience and visual images unfit for its age and understanding.

Any one or all of these undeveloped attributes and factors for a complete personality may be distorted or disturbed by wrong and careless treatment. It is not the personal relations with mother or nurse, friends or companions, but the surroundings, sights, sounds, and character as well as attitude of those adults it comes in contact with, which affects the future of the child.

To go back to our little girl who, while sleeping and apparently unconscious of all the noise around her, yet was affected. A year after the episode the mother consulted me about her restlessness, her passion for destroying everything given to her. Picture books would

be hurriedly glanced at then torn up. Nervously she would tear page after page, tossing all upon the floor with glee. She could not sit still two consecutive moments. She would build towers of blocks for the sole purpose of knocking them down.

Her appetite was good, but she could not finish a meal without wanting to leave her chair and run about. Two or three runs about the room, and she would return to finish her meal. She was always smiling or laughing, never petulant or cross, no more disobedient than the normal child of her age, and would willingly go to bed or take her afternoon rest. But after an hour's sleep, the night's sleep, she would become wide-awake and sitting up would listen for some expected noise or music. After an hour's wakefulness of this nature she would drop off to sleep for the night.

The cause for this state of affairs was evident to me and should be to the reader, so it will not be necessary to bore you with the psychological details. You see that as she grew older—or as the brain cells became a little more developed—there was a closer connection between her conscious and subconscious life. Permit such a

HOW TO REST

condition with its underlying causes to continue, and when this child reaches womanhood we will have a restless, uncontrollable, hysterical woman. And when she has reached forty years of age and is unmarried—Good Lord, deliver us!

At once the child was kept free from the causes which had brought it to its restless state. Instead of strange voices ringing forward and backward over its sensitive little brain; instead of its hearing centers being constantly disturbed while sleeping, we had quietude and her loving mother crooning hypnotic tones until all centers and cell groups were left to absorb food and grow.

You never know just what potentialities reside in your child. Its likes and dislikes, its predilection for certain kinds of stories, its desires for quietude or tendency to laziness, its hazy sense of right and wrong, are not the most important matters for you to observe and worry over.

These are matters which later on can be used to guide you in the training and teaching. The one important matter for you to attend to is that of seeing that the dormant factors in

the child's brain do not receive unpleasant shocks.

Have the child's bed and playroom in harmonious colors. Let nothing be so striking to the eye that it compels attention. Don't paper the walls with atrocious pictures from fairy books or the tales of Mother Goose. It does not matter just what you cover the walls with so long as it does not stimulate or unduly attract. It is similar to dressing in good taste.

The man or woman who is dressed in good taste wears nothing which by itself attracts attention. It is the whole ensemble, the harmonious placing of colors and fabrics so that the individual stands out as a personality, and not as a figure which you remember because of some startling detail in color or cut.

Ragtime, loud, brassy music, inane songs, sloppy and nauseous stuff from Tinpan Alley, should never be heard by a child. The average child can be led to enjoy real music if it hears it. The little girl can be so environed and her mentality so guided that the sensational movies will bring disgust to her and keep her away from these thought-destroying pictures.

If a father and mother knew that their do-

mestic squabbles, word-throwing, bickerings and disputes were to be filmed and then shown in two reels to their children, they would always be on their guard.

One day a mother hearing what sounded like a violent quarrel in the nursery rushed to the room. There at the toy table sat her daughter, six years of age, and her son of eight years of age. Just as she opened the door she heard the little chap swear. The shock stopped her on the threshold, and the children, not observing their mother, went on.

What the shocked mother heard and witnessed was an almost exact reproduction of a scene which had been enacted that morning at the breakfast table with the children as spectators.

When the mother had pulled herself together she impatiently took the little boy by the ears and in no sweet tone said: "Don't let me ever hear you use such words again. Never talk to sister in that way. What kind of boys have you been playing with to learn such language? And you, Margaret; are you not ashamed of yourself to talk back to your brother in that way!"

“Why, mama,” replied the little girl, “me and Bobby was just playing we was married. We was at breakfast having our fight before Bobby went to his office.”

It is not because so many mothers have no self-control, not because fathers are ill-tempered, that children are given brain food of an injurious nature at the table. It is because parents do not understand that the brain of a child is a film of an unknown number of reels. It is a more sensitive film than the chemical one, and it never fails to photograph upon the mind of the child the smallest detail. At this age there are few outside “locations” for the mental film to reproduce words and actions; so it instantaneously reproduces the scenes thoughtlessly put before it.

The very best brain food for the child is that given by the patience of the mother. The very best nerve developer is that coming from the sympathy and understanding of parents. If at the dinner table the child cannot hear soft words, kind speech, witness mutual patience and be free from the atmosphere of gossip and scandal, it is far better off with some ignorant but non-disturbing nurse.

I know that quite frequently domestic squabbles release a tension and in their way are a form of relaxation. But children should never be permitted to mentally photograph them. If so, some day these negatives will be pushed upward from the lower brain and then we wonder where that young woman could have "inherited" such a nasty character. For the fact is that nothing which has ever been registered upon the brain films is ever washed out. Then again, when circumstances or conditions cause it to be exhibited it usually has been touched up and colored by later experiences and contact with others of the same nature.

A little room made noiseless, hung in red, two exits, light in the ceiling and no throwable articles around, should be built into every house where loving couples are to live. When it is necessary or the mutual impulse rises, the mother and father can retire to this red room and here get into action with no danger of the scenes being reproduced upon the sensitive brains of their children.

Mothers too often unconsciously starve their children's brains by unmeaning impatience. Then, also, most mothers are still under too

many superstitions and old wives' tales about wet feet, drafts, sitting on the damp grass, "catching cold" if the boy's coat is off the first day the ballground can be played upon.

"Johnny, come right in. Come in this instant. Do you hear me?"

"Oh, mother, can't I stay and play—just one more bat?"

"Come in right away, I say. I told you if you took off your coat or sat on the grass you would have to come in. You want to catch your death of cold?"

Now, this sort of treatment of a ten-year-old lad is all wrong. First is your impatience. It has communicated itself to the boy. This is the reason he hesitates and argues. When he comes in he is upset for a while. This means that his brain has thoughts which do it no good, but real harm. There is an upsetting of continuity. You want him to get at his lesson or some other thing you call his duty. Meanwhile he is thinking of the chance he had to swipe that ball and make a run if you had not made him come in. Then, before all the other boys, too. This stings, hurts any self-respecting lad.

If the boy cannot keep still that evening, if

he does not care to hear you read to him or to read himself; tells his sister to stop her "yap-pin'" or "thumpin' th' pianna," it is because there is a struggle going on in his little brain cells.

You thought, of course, you were doing the best for your child. You were doing your very worst. Boys in normal health do not catch cold because they take off their coats even in the winter snows. They do not get pneumonia by sitting down on the wet grass. No, not if they sit down up to their waists and are mentally and physically occupied in catching muskrats or "shiners." Boys don't catch any kind of colds or diseases when you let them alone to take care of themselves. A healthy boy can go all day with wet feet and be the better for it. Leave him alone, and when he has to remain still or comes indoors he will dry or change his footwear.

If you have given the boy the brain food he needs—sympathy and understanding; seen that the magazines and books which enter the home are interesting but clean; kept yourself always ready to answer questions even of an intimate nature, and never embarrassed him while he is

at decent games or sports, you will bring up a boy whose brain will develop steadily and normally and not be cut off now and then by thoughts which make for discontent and restlessness.

The understanding of the true boy during his adolescence, as well as that of the girl during the same period, is too important to deal with in a chapter or two. Adolescence is the vital period in the development of both sexes. The training of the sexes part at this point in their lives. I shall leave for a future work this supremely important subject to all parents.

CHAPTER IX

THE HIDDEN LABORATORIES OF THE BODY AND THEIR ASSUMED EFFECTS

THERE are many mysteries still remaining in the human body and brain about which we now can only theorize. That there are hidden laboratories which turn out material affecting the mental and nervous life of us all is evident from some of the marvelous traits and conditions observed by the scientist and thinking man. Back of all we know about personality, its various phases of duality, its changes from normality to morbidity, the puzzle to discover in some cases just which is the real personality of an individual, and all the multifarious whims and humors of men and women of genius and talent, there still remain in every man and woman distinct characteristics immediately recognized by animals and by races of a distinct ethnic difference.

The white man of pure blood instinctively recognizes the peculiar—to him—odor of the African. The Chinese state that the white man has his own peculiar odor. It is reported upon reliable authority that the Oriental who has not been brought into intimate contact with the white man can detect his presence merely through the odor he emanates, while the African scents him afar off, as do the wild beasts.

The dog recognizes a human friend or foe solely through the odor of his skin—or the scent pouring through the human skin. He will approach carefully within a few feet, and the information he then receives determines whether he shall go closer and make a certainty of the question. If you remain passive the dog goes to you in a real state of neutrality and then sniffs for a few seconds. Just what your individual odor tells him you may perceive by his actions. If you are one he knows may be trusted, he looks up to your face in a friendly manner and by his tail wigwags a merry welcome. If there is some telltale message from one of the hidden laboratories in your body—or perhaps the remnants of some past evil in your prehistoric days, who knows?—he will warily

back away, tail down, until he is at a safe distance, then with an ominous growl leave you alone. You seldom can make friends—that is, be a real and trusting friend—to that dog. Something he has discovered in your nature warns him you are not to be trusted. Now, in spite of this dog's distrust of you, you may like dogs in a passive way, and would not willingly harm them. But the fact stands out that something radiating from you tells him to beware.

There are some women who cannot wear flowers without these flowers immediately wilting. There are women who apparently give out from their bodies real poisons to certain flowers. These same women seem to have no effect upon certain other flowers. It is the same in cultivating plants in the house or room. You often hear a woman say, "How do you make your plants bloom in your house? I have tried in every way, but my plants die—they just wilt away. The more attention I give them the quicker they seem to lose life."

There are beautiful women who apparently are deadly to pearls. Let one of these wear a string of pearls constantly next her skin, and

in time each pearl has lost its luster, sheen and life.

Pearls, of course, are the by-product of a living organism—the cast-off material of organic activity. Is the pearl really a sentient thing? Is it still a feeling, living being? Flowers are. Are pearls affected by the unknown elements of the human body reaching them through the skin? Are we unconscious murderers? It is an interesting question, is it not?

It certainly is when we know that just the reverse condition exists—that there are women who can revivify pearls and flowers. There are women in the capitals of Europe who make a profession of giving new life to pearls. They apparently nourish, warm and mother them.

When a string of pearls has been worn by a woman whose mysterious personality has deadened them; when they have lost luster and life; when they commence to show the wrinkles of some sort of starvation, these professional pearl renewers place them next to their skins and keep them there for some months.

The change in these pearls is astounding. They have come back to life, shining, smiling, unwrinkled.

I know a woman who cannot wear a corsage of fresh roses fifteen minutes without these roses wilting to the dead point. Under the same conditions and surroundings—to be exact, at the same table—I have seen another woman take them and wear them in the identical manner and bring them back to life in fifteen minutes. She has worn them to her room, kept them there overnight, and upon placing them next to her skin in the morning kept them fresh all the next day.

Even under the most modern tests known to psychological and physiological science, no distinct difference can be discovered between the natures of these women. Both are mothers, normal, lovable and loving, about the same age and apparent tastes.

However, from general and somewhat detailed observation of the women who murder pearls, I am inclined to believe they are invariably selfish women, cold in their friendships and indifferent in their marital life, and as a rule childless. Those who warm and revivify the pearls are vivacious, ardent, patient and dominated by maternal instincts.

There are many cases, which I am inclined to

believe are controlled by these hidden forces or elements, that are a worrying puzzle to themselves. Some women in offices work under a peculiar stress and anxiety which in time works havoc with their chances for success or even continuance.

They are constantly brain-tired and nervous. They are not affected consciously by the men around them, they try to do their work simply as one of the cogs in the business machine; they live decently and modestly, and never a word of gossip or scandal about them could ever be, or is ever, heard.

I had a young woman of twenty-two years of age appeal to me for help. She worked in an office with about six other young women. It was an architect's office where there were several men always working.

She had been there three years, liked the work and had been promoted several times. Her sister worked alongside her, and both lived with their widowed mother and went and came always together.

Her sister being taken into the private office, a middle-aged spinster took her place. This latter woman had little to say to her neighbor

at the next desk; was devoted entirely to her work and to all appearances was just a normal, self-supporting woman.

Gradually the young woman found she could not concentrate. Her head "bothered" her and she commenced to dread going to the office. She did not understand why she should feel so miserable. Always taking care of her health, of good inheritance, easy hours of work, good pay, nothing to worry about, yet she was rapidly losing her grip and self-confidence.

She was thoroughly examined by two eminent physicians and absolutely nothing could be found for the cause of her distress.

She finally reached the stage where her limbs would tremble, knees jerk; head ache so much that she would have to leave and go home. Feeling well the next day she would take her place at her typewriter and go along for an hour or so, when the upset would again commence.

She reached that desperate stage where she decided to leave her place and try something else. One physician told her the strain was too much for her—up to this time she had grown happy and rounded under it—another said she

needed a long rest, another that it was merely a phase of young womanhood and would pass off.

But she knew better. What troubled her most was she could not discover any reason for her condition.

The day she decided to terminate her work the woman who worked next to her went off on her vacation. That day the girl got through her work without any trouble, so she decided to remain. Every day saw an improvement in her condition and in ten days she was again herself.

When she returned to work one Monday the middle-aged spinster was at her desk. She spoke a kind word of greeting to the young woman, then turned to her work.

Almost at once a great change came over our young woman. Her knees shook so she could hear them come together. Hot flushes came to her face; concentration was impossible, her head throbbed, her hands trembled. Fearing a complete collapse she left for home. Here she remained for a week, recovered completely and returned to work. But just as soon as she went near the other woman there came over her an

awful fear. Nothing tangible; she could not tell what she feared, but realized that this time there would be a scene and collapse, and she fled the place.

Now, she instinctively knew that there was something about "THAT woman," as she expressed it, which affected her.

She was right. What was it? I often wished I could have secured a necklace of pearls full of life and hung it upon the scrawny bosom of "*that* woman"!

The cure? The girl secured another position and is again a normal, healthy woman.

There are many conditions of a hidden nature which prevent proper or successful continuance of one's daily work that are mistaken for "nervousness," brain fatigue and undue worry. Periodical headaches, or just the uncomfortable feeling in the afternoon or evening that one has a sensitive forehead, frequently bother a woman. A school teacher finds and comes to expect headaches or a feeling of mental lassitude about the end of the week. It is of course accounted for by saying the air of the schoolrooms, the wear and tear of her vocation, the strain of keeping up to the standards placed by the school au-

thorities and many other natural conditions are telling upon the woman.

Working girls have attacks of soreness in their ankles or knees. It may be a "stiff neck" or sore throat, with headaches or pains in the small of the back. Sometimes a woman of middle age will have attacks of feeling faint and be unfit to go on with her work for several days. She apparently recovers and goes on until another attack lays her up. After each attack she finds herself with lessened powers of resistance and an increasing inability to concentrate upon her work—house or shop.

As a rule all these symptoms in young and middle-aged are said to indicate some disturbance of the physiological functions of woman. When in doubt about headaches or pains, hysteria or nervousness, it has become almost a stereotyped statement to say, "Well, it's too bad, of course. But woman has to suffer for stealing that apple. It is so laid down in the Good Book."

Women have to put up with a lot of misunderstanding and struggles to get along no matter what their positions are,—rich or poor, married or unmarried, militant or loving,—and

to fasten upon them blame, or to ignore a careful consideration of physical states which in man are at once attended to, is not only injustice but shows ignorance of medical science.

Women know what is *not* the matter with them when they suffer from headaches and joint pains. Just what is the matter with them, of course they do not know. If they have been told by a physician that they must expect such little troubles it is no wonder they take to patent medicines and find temporary relief from the alcohol and narcotics always to be found in these physiological blinders.

These sorts and kinds of pain under consideration are generally the effects of germs and their poisons remaining in the hidden recesses of the body. The germs of rheumatism, the poisons of scarlet fever or measles—almost all of the fevers and affections of microbic origin—are the causes for these headaches, pains, nervousness and mental restlessness. If one is middle-aged and had an attack of diphtheria when a child—before the wonderful discovery of anti-toxin—the effects of this awful disease may remain with you.

If one had an attack of joint inflammation

when a child or suffered from inflammatory rheumatism, headaches and mental disturbances may follow when you are in the active period of your life. These conditions may go on to a real attack of insanity. Then, instead of looking into the history of the diseases of childhood, you are frightened by the questions regarding your parents, aunts, cousins, uncles, grandfathers. Any one of them insane? Any particular nervousness in the family? Any one of your relatives who went wrong?

Ah, there it is! "Constitutional psychopathic inferiority," and if you are only a little muddled in your poisoned brain, it brings a fright which may be of lasting injury. But if you, with your aching and throbbing brain, do not hear the questions and answers, your family do, and accept the verdict—"Inherited insanity."

Inherited bosh! Constitutional poisoning from neglect to thoroughly clean out the body and keep it clean after an attack of inflammatory rheumatism or some other germinal infection.

Remember this fact: There is not a family existing in which if you search two or three generations and their collaterals, there cannot be found

one or two who showed some form of mental disturbance or whose "peculiarities" marked them as different from the average person. Then again, a decade or two ago, many were sent to "insane hospitals"—a cruel and meaningless term—who today would never be considered as mentally incurable and who would receive treatment for temporary illness of nerves or brain.

If you suffer from unaccountable headaches, if you find your memory dull and troublesome, if you are losing the power to concentrate, if you are getting worried over your condition; do not inquire about the family history but about the diseases of your childhood.

You discover that you had a very bad attack of inflammatory rheumatism when you were a child. You were skating and fell into the icy water, caught cold and rheumatism followed. The doctor said it was nothing, but warned your mother never to let you get wet again. The local trouble being treated—it would have disappeared anyway—you were allowed to grow up with the germs of rheumatism hiding away in some secret and undisturbed place until a fine

opportunity occurred when they could swim out and sport in your brain.

Just what these opportunities are one never knows exactly. Overfatigue, motherhood, mental or moral shocks, carelessness in little habits, improper breathing and breathing contaminated air, are certainly some of the invitations sent to the germs to come out and play.

Getting wet had little if anything to do with the onset of the rheumatic attack. It may have aided, but even this is an open question.

Decayed teeth, foul tonsils, breathing germ-laden air, are the real causes for the germs entering your body, searching out a luscious joint and there having a "joy ride" and tissues to dine upon.

When you have the headaches coming and going, when you feel that your brain does not work with its accustomed ease and concentration is burdensome, don't worry about it. Go to a responsible physician and tell him all you know or can find out about childhood diseases. Then he can go to work and drive out the mischief makers and put you all right again.

All right, worry about yourself absent, married, and a happy mother, these past troubles

will be found to have been a blessing. For now when your child gets wet, or the boy goes fishing and falls in, you know you need not worry. You need not worry because you have seen that the children's teeth have no cavities to harbor germs, their tonsils are kept clean, they have been taught how to breathe through the nose, keep their bowels empty and bathe every morning.

So you see that the brain food one needs in most of the conditions which cause worry and mental distress is only the truth about the human body and how it may be affected by ignorance and neglect of the many diseases of childhood.

These diseases are entirely unnecessary and avoidable in your children. That harmful idea that all children must go through certain courses of infections and inflictions has resulted in thousands of grown people today suffering mental misery, bodily pain and inability to accomplish all they might accomplish. But we all should be thankful for this state of affairs, for our children and their children are to be free from these obstacles to fulfillment of personal abilities.

CHAPTER X

THE BEST BRAIN FOOD IS PRACTICAL FAITH IN ONESELF

FROM the workaday point of view the most nutritious and lasting brain food is faith in oneself. It is food that must be constantly supplied and digested by the work of personal effort toward worth-while attainment.

There is a faith in one's mother, there is the orthodox faith of the church, there is that faith which comes from the experience of the thinker which overtops all others. All other foundations upon which to build success in life are unstable because they have been built by others and accepted upon their statements. When trouble and worry come there are a trembling and a wabbling because you do not know just which way to turn for self-aid.

The childhood faith instilled by teachers and mothers is a beautiful ideal, but when the youth or young man gets out into the world he soon

HOW TO REST

sees upon what weak and unstable material it is founded. If he is a normal young man of intellect he soon doubts all religion and the reality of God.

From atheism to agnosticism is the usual road he travels, and the latter is a long, long road. But if he retains faith in himself he soon commences to think that back of this self-faith there is some power or force aiding him. He will see that whenever he acts against his conscience or does that which he knows is false to his faith in himself, no matter how great the temporary success, there is a reaction, a revolt, he feels a new kind of self-abasement, and this starts a new period of thought.

True faith in oneself is in reality a faith in some guiding and controlling power—call it what you will.

This is the real brain and nerve food for man. It causes him to say I WILL. It enables him to do. It takes up room in his brain and displaces "I wish I could do that." It drives out that age-old and injurious attitude of placing the blame for failure upon others.

"Well, if I had his money, I could be a

success." Or, "I never had the chance. I never had the education that man had. If I had half of his education I would have made twice his pile."

Can't you see these fellows as they try to reach the foot-rail?

Even in that long and often discouraging hunt to find yourself, faith in yourself is absolutely necessary. I do not believe a man will ever fail to find what he is on this world to do, if he will keep faith in himself. The whole trouble is that most of those who fail give out on the trail. They curse their bad luck and laugh at all kinds of faith.

Then comes brain poison in several ways. Lack or loss of faith in oneself means a lowering of physiological energy. There is a tearing down instead of building up. Discouragement increases the heartbeats or at least brings irregularity, because there is no steady application of nervous or mental energy. Whatever job the individual secures is taken only as a makeshift and there can be no continuity of thought or spur to ambition.

Tell such a man that no matter what he is doing, do it with a hearty spirit and do it in his

very best manner, and he will reply: "Oh, what's the use?"

"Oh, what's the use?" sends more men down than whiskey. Aside from the congenital degenerate, and we are dealing only with normal man, "Oh, what's the use?" sends men to whiskey; not whiskey makes the man say, "Oh, ——l, what's the use?"

The average American man believes he is a failure if he has not made a lot of money by the time he is forty years of age. And right here lies the trouble. Here is the cause for so many men mentally and physically failing after forty years of age.

Forty years of age is the period for a man to put to use his knowledge and experience. It is the age where faith in himself should take hold and carry him to success in some way. But if his one, sole, dominant idea is that success means money, then many will fail of success.

A young man would like to be doctor or artist, but he has been brought up to see the power of money. He realizes that medicine or art are not by themselves money-making careers. He starts out young to make money. There are teasing thoughts of another career,

but he tries to drive them out and as money comes in he soon finds false relaxation in "having a good time."

In such a man there is no brain food or nerve nourishment being furnished—only expended. Of course had he possessed an innate talent and passion for medicine or art, there would have been nothing but a daily supply of brain food through self-faith and work. It is possible that had he been brought up in a different environment than that of money worshipers the wavering tastes might have solidified into a decided one.

I had a man brought to me brain-starved through just this idea that money was the first requisite for success. He was upon the verge of self-destruction. He had absolutely no faith in himself, and laughed at the idea of a faith in any great Force.

He was forty-three years of age. He had just received his Ph.D. from one of the highest universities in the land, and now it was about as much use to him as a pick would be to an infant. He had been recommended for a professorship in a large college, but it was denied him. The excuse was they wanted a young man

to grow up with the college. I believe the real reason was the self-evidence of lack of full faith in himself.

His whole trouble was the American idea—money first. He had been in Wall Street up to the age of forty. Then having “made his pile,” he started to take up his watered ambition to be a scholar and professor.

Twenty years in Wall Street does not furnish much brain food or nerve force to be laid up for intellectual life and pursuits to be followed after one has reached forty years of age. Hence, while this man was of sufficient intellectual force to secure his degree, the strain of a new brain output told.

He had fed his bank account for twenty years and starved his brain of necessary food and expended all his nervous capital.

He was a complete wreck, and there was no professional career ahead of him.

It seemed impossible to stimulate self-confidence or faith in a force which would help him. This of course meant despondency. Despondency means interference with physiological functions. His liver accumulated more

poison than it could get rid of, the kidneys became sluggish, the adrenals apparently puzzled just what to do.

The end? Got a job as translator for a foreign house at twelve dollars a week. And he and his patient wife needed every cent of it.

How, with all his money made in Wall Street? Well, this is the humor of it—for me, not for him. He really did pitch in when he went to the university and became a true scholar. This meant neglect of his investments, and they got away from him.

Had he started as a youth with full faith in himself to make a notable scholar, brain food would have been daily furnished and at forty years of age he would have been placed for life with a living salary and a long life of health and happiness before him. He did not have full faith in himself; thought he needed the aid of that false god—money. Had he had faith in the real God, that if teaching was his ambition and he would apply all his mental and physical forces to that one idea, he would be aided and guided, the world would have been better for his influence.

So in conclusion we find that we are back to

the old advice for health and happiness: "Man know thyself!"

But we must take this advice in its modern meaning. Knowing yourself means knowing the kind of brain food and nerve rest your individual character and body require. It means knowing that worries and anxieties starve the brain and poison the nerves, but that also there is always a way to discover the causes for these worries and anxieties.

And this way is to face at once the causes, to act at once upon the first indication or signs of mental or nerve fatigue.

Don't procrastinate; don't say, "Oh! it will pass off in a day or two." It will not. It will increase in a day or two.

The brain fatigue, the restlessness, the feeling that every minute at your work you have to force yourself to continue, is the signal to go and lie down and relax.

Every man and woman doing brain or intellectual work—and this means office and commercial work—needs to relax an hour every day. The laborer and factory people have their hours and days for rest. You need days of rest, also, but you must also have hours of *relaxation*.

HOW TO REST

Don't worry about kidney trouble if you find they are throwing off more fluid than usual. Mental application is the cause of this. Now you can see how relaxing mind and body rests the kidneys. If you work your brain steadily for many hours, concentrate upon your work to the exclusion of all other thoughts—and this is the only kind of concentration—your heart is pumping rapidly through the effects of your nervous pitch. This sends an excess of blood to the tiny arteries of the kidneys. This means an overactivity in these organs.

If, instead of relaxing when the work is over, you take up some other form of excitement—cocktail or tango-ing—the heart keeps on its rapid work, the kidneys are overworked, and in time you are brought face to face with a serious if not fatal disease.

An hour a day of relaxing will keep the kidneys healthy all through a long life. A day's rest once a week will store up reserve energy for a five days' steady pull upon all your forces.

Faith in yourself when you are helping yourself, and faith in a great Force back of all your efforts, are the pure extracts for Brain Food and the real nourishment for tired nerves.

*The following pages
describe briefly a
number of peculiarly
interesting books*



EDWARD J. CLODE
Publisher
NEW YORK

BOOKS THAT WILL HELP YOU and THOSE YOU WANT TO HELP

SHORT CUTS IN FIGURES.

By A. FREDERICK COLLINS.

12mo. Cloth \$1.00

Figuring is the key-note of business and a first aid to the memory. To figure easily, rapidly, and accurately, the work must be done by the most approved short-cut methods. Anyone who can do ordinary arithmetic can use them. And making use of them jacks up the power of your mind and hence multiplies your efficiency. This book tells just how it is done.

FROM EXISTENCE TO LIFE: The Science of Self-Consciousness.

By JAMES PORTER MILLS. 12mo. Cloth \$1.50

The science of self-consciousness, formulated correctly and made use of intelligently, should satisfy the mind and comfort the heart in all the emergencies of self-conscious life, enabling a man to "hold on his way and grow stronger and stronger."

THE WAY.

By JAMES PORTER MILLS. 12mo. Cloth \$1.25

This is to all intents and purposes a second volume of "Illumination," and is, like the latter, a book to use rather than to read, and its study, if accompanied by meditation, will be found of most valuable assistance in the attainment of the higher consciousness.

ILLUMINATION.

By JAMES PORTER MILLS. 12mo. Cloth \$1.00

True meditation is an active means of illuminating the soul-consciousness and of breaking up the habit of falling ill, the tendency to depression, and to untoward emotions generally.

NAMES, DATES AND NUMBERS: A System of Numerology.

By ROY PAGE WALTON.

12mo. Cloth 60c

Here is your mariner's chart and compass. Read NAMES, DATES and NUMBERS. A few minutes of careful study will throw a new light upon that Self that is yourself and will open the way to accomplishments undreamed of heretofore.

BOOKS THAT WILL HELP YOU and THOSE YOU WANT TO HELP

BREATHE AND BE WELL.

By **WILLIAM LEE HOWARD, M.D.**

12mo. Cloth \$1.00

Finer color, fewer wrinkles, weight better proportioned, alert carriage and springy step. Good for all people who are not confirmed invalids and cripples. All without diet, drugs or apparatus.

HOW TO LIVE LONG.

By **WILLIAM LEE HOWARD, M.D.**

12mo. Cloth \$1.00

Dr. Howard shows how human life can be prolonged and men and women physically and mentally productive beyond the usual number of years—it is a matter of individual hygiene, especially mental hygiene, not set rules for living.

BATHING FOR HEALTH: A Simple Way to Physical Fitness.

By **EDWIN F. BOWERS, M.D.**

\$1.00 net

Rarely does a physician write so entertainingly and so sensibly as does Doctor Bowers in this volume. He presents here just the information you need in order to keep yourself and your family in robust health.

As a cure for what ails us there is hardly anything that excels the proper kind of a bath—properly taken.

WHAT RIGHT THINKING WILL DO.

By **CHRISTIAN D. LARSON.** 12mo. Cloth 80c

A certain mental state makes your body ill—and other states make it well—proving that thought power can be employed to better our condition of life. Mr. Larson's book shows just how this condition can be brought about.

STEPS IN HUMAN PROGRESS.

By **CHRISTIAN D. LARSON.** 12mo. Cloth \$1.00

An exposition of the means whereby humanity is climbing to higher things—**Self, Truth, Spirit**, these are the headings under which Mr. Larson divides the book, and in a simple, direct way holds out a helping hand to those who desire to achieve the very best in life.

THE GOOD SIDE OF CHRISTIAN SCIENCE.

By **CHRISTIAN D. LARSON.** 12mo. Cloth 80c

No one qualified to judge has ever denied the basic value of Christian Science. Mr. Larson has pruned away all the apparent mystery surrounding it and tells just what is good in it and what that good is capable of.

BOOKS THAT WILL HELP YOU and THOSE YOU WANT TO HELP

THE KEY TO HEALTH, WEALTH AND LOVE. By JULIA SETON, M.D. \$1.00 net

Have Health—Gain Wealth—Learn to Love

Dr. Seton has written a wonderful book showing just how, through proper control of the mind, these three things can be added to all of us.

HEALTH results from the operation of health laws. In order to have health we must induce health thoughts that extend through every particle of our flesh.

WEALTH: The first step toward wealth is "recognition of wealth." Thoughts are like streams and each thought runs in its own channel, and the mind that is given over to wealth and success can have no room for the creation of lesser things.

LOVE: In order to get love we must give love and upon our power of giving depends our love supply.

THE SCIENCE OF SUCCESS. A Philosophy of Life.

By JULIA SETON, M.D. 12mo. Cloth \$1.00

The Science of Success is an attempt to show the fundamental principles which underlie real success in life. Its statements are clear and forcible, and the "logic" of the various chapters is plain and understandable. It is a thoughtful book for thinking people. It will make you think, and it is only the man who thinks that ever hits the trail to success.

CONCENTRATION: The Secret of Success.

By JULIA SETON, M.D. 16mo. Boards 50c

The opening paragraph rivets the attention because it states the proposition that the whole world is seeking happiness, no matter how diverse the paths may seem, and that everything in life combines to make happiness the greatest prize of life. The subject of "Concentration" is discussed at a new angle and is a revelation of what the cultivation of the habit of concentration can accomplish, while the distinction is sharply drawn between the people who know what they want and go after it and those who don't and just loiter along.

THE SELF IN TUNE: Freedom Talks. First Series.

By JULIA SETON, M.D. 12mo. Cloth \$1.00

A collection of talks for those who seek to know how to make their lives harmonious and to attain their own highest development.

They represent the very essence of all New Thought literature, containing as they do the fundamentals around which all metaphysical and occult wisdom is gathered.

They will satisfy while they instruct and one can feel the radiance of truth and power.

BOOKS THAT WILL HELP YOU and THOSE YOU WANT TO HELP

CONFIDENTIAL CHATS WITH BOYS.

By WILLIAM LEE HOWARD, M.D.

12mo. Cloth \$1.00

Send your boy out into the world morally and physically clean. Give him a copy of Dr. Howard's book—a sensible, simple statement of the inexorable laws of Nature, the penalties that must be paid for their violation and sage advice upon body and mind training. Adopted as standard by numerous boys' schools.

FACTS FOR THE MARRIED.

By WILLIAM LEE HOWARD, M.D.

12mo. Cloth \$1.00

Is the result of a practising physician's years of experience helping husbands and wives to remedy the results of misunderstanding and ignorance. If you are married this book will solve many of the problems that have perplexed and worried you. If you are going to be, read Dr. Howard's work and prepare yourself to enjoy in full the rich and varied blessings that come with marriage.

PLAIN FACTS ON SEX HYGIENE.

By WILLIAM LEE HOWARD, M.D.

12mo. Cloth \$1.00

The Black Plague with its millions of victims is a daily menace to you and your children. What do you know about it—how are you guarding against it? Dr. Howard tells you straight from the shoulder what you ought to know of the spread of the social evil. Don't trust to luck. Get your copy of the book today. Tomorrow may be too late.

CONFIDENTIAL CHATS WITH GIRLS.

By WILLIAM LEE HOWARD, M.D.

12mo. Cloth \$1.00

A delicate yet thoroughly frank presentation of physical and sex development. A book resulting from Dr. Howard's long years of practice, aiming to help growing girls to understand the changes that lead to womanhood, together with valuable suggestions concerning dress, diet, exercise, etc. "Morally and hygienically among the most important books of the decade."

WHAT'S IN YOUR NAME?

By CLIFFORD W. CHEASLEY.

12mo. Cloth \$1.00

The Science of Letters and Numbers is an easy, practical way by which you can know yourself—what you really are, what you appear to be to others.

C.P. 319859
57

**BOOKS THAT WILL HELP YOU
and THOSE YOU WANT TO HELP**

**THE PSYCHOLOGY OF THE SOLAR
PLEXUS AND SUBCONSCIOUS MIND.**

By **JULIA SETON, M.D.**

16mo. Boards 50c

Teaches scientifically, metaphysically and psychologically the action of the real centers of being in the physical body and their direction and control from the higher psychiatry of the mind.

THINK RIGHT: For Health and Success.

By **GRACE M. BROWN.**

12mo. Cloth \$1.00

If you are a normal man or woman, you aim to achieve greater success, to attain to greater happiness in life. And you can do it. **Think Right.** A little time, a little effort under proper guidance will reveal powers within your control that you do not now suspect. It's worth the trifling cost of this book to learn how to use these powers to accomplish your worthiest ambitions.

MENTAL HARMONY: Its Influence on Life.

By **GRACE M. BROWN.**

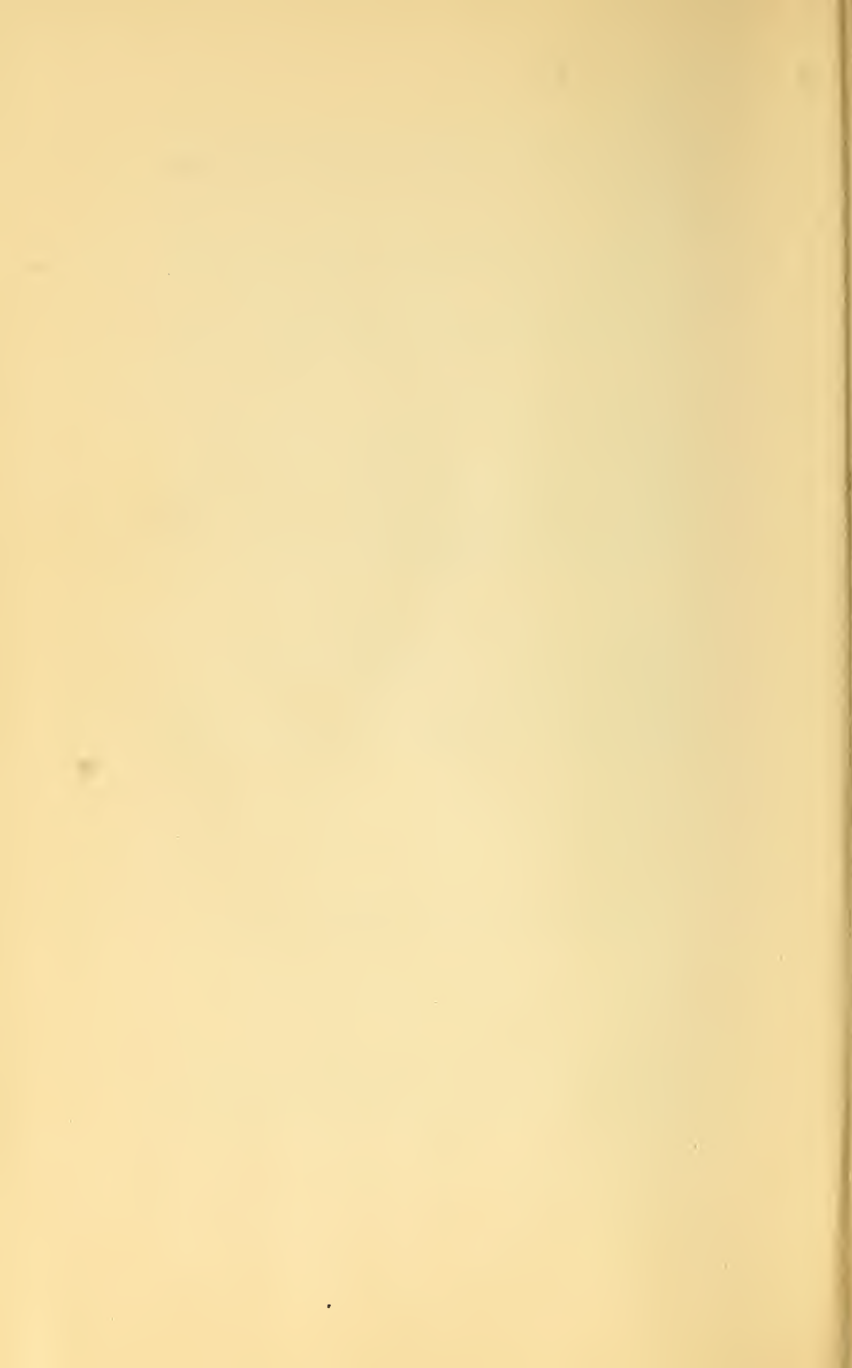
12mo. Cloth \$1.00

The man who knows how to govern his life from the inner forces, rather than be subject to outer conditions, will maintain a natural poise that will hold him immune from most of the worries and perplexities that would ordinarily confront him.

A complete catalogue will be sent on request

EDWARD J. CLODE, Publisher, New York







LIBRARY OF CONGRESS



0 005 803 377 7